

City of Kirkland Parks & Community Services

# Kirkland Parks



**Activities for  
All Ages!**

including

**Fall 2014 & Winter 2015**

**Adults 50+**

**See Page 53**



**experience it!**

[KirklandParks.net](http://KirklandParks.net)



# The Kirkland ARC Center

Your Place to Experience...

Aquatics

Recreation

Community

Join us for a drop-in Open House on August 12th to learn about the planning for the Aquatics, Recreation, and Community (ARC) Center.

Join Us On These Dates!

TUES, AUG 12, 6-8PM	Public Open House North Kirkland Community Center
WED, SEPT 10, 7PM	Park Board - Regular Meeting Kirkland City Hall - Council Chambers
TUES, SEPT 16, 6PM	City Council Study Session Kirkland City Hall - Council Chambers

For more information contact the City of Kirkland Parks & Community Services at 425.587.3300 or visit [www.kirklandwa.gov/kirklandarc](http://www.kirklandwa.gov/kirklandarc)

HELP  
SHAPE THE  
FUTURE

of Aquatics and  
Recreation in Kirkland!



Share your ideas and help make this Kirkland's place to...

SPLASH

PLAY

GET FIT

CREATE

& CELEBRATE!



the  
**Kirkland**  
**ARC**  
**C E N T E R**  
Aquatics • Recreation • Community



Coming soon to McAuliffe Park...

# Seattle Tilth

will be offering classes, workshops  
and volunteer training!

Seattle Tilth inspires and educates people to build  
an equitable and sustainable local food system  
while safeguarding our natural resources.



Urban Farming

Organic Gardening

Composting

Resource Conservation

Kids

Community Cooking

Adults

Hands-on Learning

seattletilth.org



**PEE WEE  
MONSTER  
BASH!**

**FRIDAY, OCT 31  
10:00AM-NOON**

Ages 5 & under  
with parent

North Kirkland  
Community Center  
12421 103rd Ave NE

Come any time, activities  
are ongoing, carnival style!

**SEE PAGE 17** for Registration Info



**Snowflake  
Ball**

FATHER DAUGHTER DANCE

Ages 3 to 10 years with Dad

**December 12  
6:30-8:30pm**

**SEE PAGE 17**  
for Registration Info



# KIRKLAND KIDS TRIATHLON



**SEPT. 13 2014**  
**SATURDAY 11:00AM**

RACE BEGINS AT 11AM • CHECK IN BEGINS AT 10AM

@ **JUANITA BEACH PARK**

**AGE 3 to 12 YEARS** \$30.00+ tax entry fee  
Participants will receive a T-shirt, swim cap & ribbon!

This non-competitive, non-timed event provides an excellent opportunity for youth to experience the sport of triathlon. Registration will close Sept 11. Day-of-event registration will be available beginning at 9:30am however participants are encouraged to register prior to the event.

Register @ [kirklandparks.net](http://kirklandparks.net) Code 42344  
or Call 425.587.3336

Presented by:



Thank you to Our Sponsor!



2014-2015

# YOUTH B-BALL LEAGUE

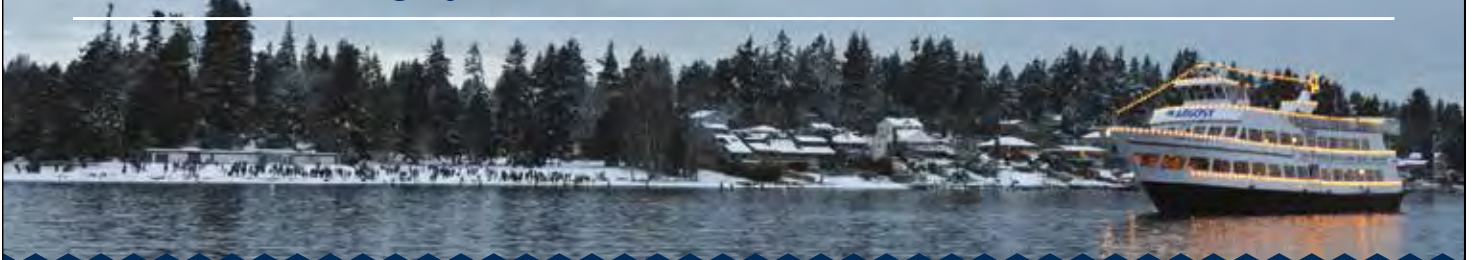
CITY OF KIRKLAND  
BOYS AND GIRLS  
GRADES 3-6

SEE PAGE 30



## TICKETS ON SALE NOW

Check [argosycruises.com](http://argosycruises.com) for Eastside Departure Locations



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# experience it!



## Dear Kirkland Community,

The warm weather is still with us as we move to our fall and winter recreation opportunities. We know you have been enjoying our parks and classes, and all the outdoor facilities Kirkland is so fortunate to possess.

We have some new and exciting information to share. The City will be partnering with Seattle Tilth to bring classes, workshops, and volunteer training to McAuliffe Park. They are specialists in urban farming and will bring a wealth of knowledge for organic gardening, resource conservation, composting and more. Look for their informational ad in our brochure.



Our department has been working with staff and interested community groups and citizens to plan the future of a new aquatics, recreation and community center (ARC). Open houses and focus group meetings were held in

past months to solicit input on the aquatic and recreation spaces as well as site preferences. For more information visit the project website at [www.kirklandwa.gov/kirklandarc](http://www.kirklandwa.gov/kirklandarc).

The Parks and Community Services Department strives to meet the recreational needs of our citizens and community at large. We hope as you look through the many offerings we have in this new brochure that you will find something to interest you and every member of your family.

**Kirkland Parks,  
Jennifer Schroder, Director, Parks and Community Services**

**experience it!**



**Cooking for Kids**  
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**Partner Dancing**  
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## Fall 2014 and Winter 2015

Kirkland Parks & Community Services  
Recreation Classes and Services

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# Registration Options & Information

## ONLINE: [www.KirklandParks.net](http://www.KirklandParks.net)

When enrolling online, print your receipt when prompted.

### WALK-IN

**North Kirkland Community Center**  
12421 103rd Ave NE  
425.587.3350

**Peter Kirk Community Center**  
352 Kirkland Ave  
425.587.3360

### PHONE-IN

Please have class number and credit card information ready!

**Monday-Friday  
9:00am-4:00pm  
425.587.3336**

This number is for registration only. For questions or more information, please call one of the locations listed to the left.

### MAIL IN

Send form & payment to:  
**123 Fifth Ave  
Kirkland, WA 98033**

### FAX-IN

Fax form with credit card payment to:  
**425.587.3303  
425.587.3354  
425.587.3367**

## Peter Kirk Community Center Special Events

- Unless otherwise noted, special event tickets will be available until 5:00pm seven working days prior to the event (no tickets will be sold the day of the event).
- Special event tickets are not refundable or transferable.

## Resident & Non-Resident Fee Structure

- Registrants with a Kirkland postal address are considered Residents. Non-Residents who work within the City limits are eligible for the resident rate.

## Registration Information

- Registration is first come, first served. Online registration is your best opportunity for getting into the program of your choice!
- If mailing or faxing your registration, please put down an alternative in case your first choice class is full.
- Call our offices if you do not receive a confirmation within 7 days of mailing / faxing your request.

## Registration Form

To the right on page 7 or download a PDF from: [www.kirklandwa.gov/depart/parks/Recreation\\_Programs/currentbrochure.htm](http://www.kirklandwa.gov/depart/parks/Recreation_Programs/currentbrochure.htm)

## Facility Information

### Parks & Community Services Office

505 Market St, Suite A, Kirkland, WA ..... 425.587.3300  
Hours: Monday-Friday, 8:00am-4:00pm

### North Kirkland Community Center (NKCC)

12421 103rd Ave NE, Kirkland, WA ..... 425.587.3350

### Peter Kirk Community Center (PKCC)

352 Kirkland Ave, Kirkland, WA ..... 425.587.3360

### Parks Maintenance & Operation Office

1129 8th St, Kirkland, WA ..... 425.587.3340  
Hours: Monday-Friday, 6:30am-3:30pm

**Recreation Hot Line ..... 425.587.3335**

## City Web Address

[www.KirklandWA.gov](http://www.KirklandWA.gov)

## Kirkland City Council

**Amy Walen, Mayor**

**Penny Sweet,**  
Deputy Mayor

**Jay Arnold**

**Dave Asher**

**Shelley Kloba**

**Doreen Marchione**

**Toby Nixon**

## Kirkland Park Board

**Adam White, Chair**

**Kevin Quille, Vice Chair**

**Sue Contreras**

**Sue Keller**

**Ted Marx**

**Rick Ockerman**

**Jim Popolow,**  
Youth Representative

**Rosalie Wessels**

## Accommodation of Disabilities

The City of Kirkland is committed to accommodating citizens with disabilities and special needs. Kirkland Parks and Community Services will make every reasonable effort to ensure that programs are accessible. If you need assistance participating in our activities, please call us at 425.587.3300. TTY/TTD 425.587.3111

## Snow & Inclement Weather Policy

The safety of program participants is a prime consideration when determining if programs should be canceled due to inclement weather. Parks Department classes and programs are canceled when the Lake Washington School District closes due to inclement weather. For information regarding evening or weekend cancellations, please call:

North Kirkland Community Center  
Programs ..... 425.587.3350

Peter Kirk Community Center  
Programs ..... 425.587.3360

Recreation Hot Line ..... 425.587.3335





# Kirkland Parks Class Registration Form

Adult Name (Last)		(First)		(M.I.)	
Address			City		Zip
Day Phone		Evening Phone		Emergency Contact Name / Phone #	
Email address (Required to register online)			<input type="checkbox"/> Resident <input type="checkbox"/> Non-Resident		Are you over 50? <input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Please Note: IF you are claiming Resident Fees for working in City Limits you must provide Employee Name, Company Name &amp; Address</b>					
Employee Name:			Company Name & Address:		

Activity Title	Activity #	Fee	Participant Name		Child Date of Birth	M/F	Alternative Choice
			First	Last			

\$ Total

## Hold Harmless Agreement

Indemnification. In consideration for myself and/or my child being allowed to participate in the subject activity, for myself, my heirs and personal representatives, to the extent allowed by law, I hereby waive and release all claims for damages I or my child now or may hereafter have against the City of Kirkland and their agents for any injuries and damages suffered in connection with my or my child's participation. I further agree to defend, indemnify and hold harmless the City of Kirkland and their agents for any injury and damages suffered in connection with my or my child's participation. I further agree to defend, indemnify and hold harmless the City of Kirkland and their agents from all claims for injury or death, or for loss or damage to property, filed by anyone against the City of Kirkland and their agents which arises out of my or my child's participation, except for injury or damage caused by the sole negligence of the City of Kirkland and their agents. I, the undersigned participant and/or parent or guardian of the minor participant, give my permission to have photos/video tapes taken, without recompense, during activities and used for publicity purposes.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of ☐ Parent ☐ Guardian ☐ Participant

Checks payable to: **City of Kirkland**  
OR fill in Credit Card Information:



Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

## Vision Statement

"The Department of Parks and Community Services continues to enrich and enhance Kirkland's quality of living. The Department sensitively and efficiently manages Kirkland's diverse public lands, actively responds to the leisure needs of all residents, and effectively leads a collaborative community response to basic human services. We strive for excellence, we project a positive and enthusiastic attitude, we are accountable for our actions and value the needs and concerns of co-workers, the public, institutions, and other agencies."

## Disclaimer

This schedule of classes is published for information purposes only. We strive to produce the most accurate brochure possible. However, some program information may have changed after this brochure has gone to print. We will make every effort to notify students of the changes.

The City of Kirkland complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective date July 26, 2009) that prohibits discrimination against any person in a community athletics program on the basis of sex. Any questions or comments please contact Jennifer Schroder, Parks and Community Service Director.

## Parks & Recreation Refund / Credit / Sales Tax

- Refund/credits are granted if request is made at least five (5) business days prior to the start of class, less a \$10.00 administrative fee. Fee applies to each class withdrawn. Please Note: Classes paid for by check or cash will be refunded by check and must be in amounts greater than \$10.00 (balances under \$10.00 will be held for one calendar year). Refunds to credit cards will be made for face amount of the credit and will be processed at the end of the class session.
- 100% Refund if class canceled by Parks and Recreation.
- Class withdrawal requested less than five (5) business days prior to the start of class will result in a credit/refund of 50% of the registration fee, less a \$10.00 administrative fee. Fee applies to each class withdrawn.
- No refunds for classes costing less than \$10.00.
- No refunds/credits will be issued on or after the first day of class.
- Transfers must be requested five (5) business days prior to the start of class (except swim class notification of new level by swim instructor.)
- Online registrants please note: Parks and Recreation staff must process transfers. Online enrollments resulting in withdrawals are subject to withdrawal policies listed above. You can print your receipt when prompted to do so at end of registration process.
- Effective July 2011 the WA State Department of Revenue requires municipalities to collect and render retail sales tax for many amusement and recreation sports programs.



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5 TO 12  
YEARS

**PAGE 25**

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CREATIVE DANCE**

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ENGINEERING**

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ISLAND**

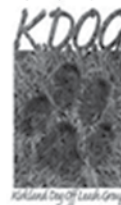
SCIENCE,  
TECHNOLOGY,  
ENGINEERING,  
AND MATH



*Where Kirkland Dogs Play*

11225 NE 120th Street  
Kirkland, Washington 98033

Learn about the park, volunteer & sponsorship  
opportunities, fundraisers, park safety, education  
& more at [www.kdog.org](http://www.kdog.org)



KDOG, Kirkland Dog Off-Leash Group, is an all  
volunteer, 501(c)3 organization partnering with  
the City of Kirkland to create safe, legal places for  
off-leash play in Kirkland. Dedicated volunteers  
and generous park sponsors built, funded, and  
maintain Jasper's Dog Park. KDOG depends on  
the support of local business owners and dog  
owners to ensure continued park operations.



## Basketball for 2½ to 6 year olds!

Develop basic motor skills such as dribbling/ball handling, shooting, passing/  
catching and running/agility that are needed to participate in organized  
basketball. Practice and games are centered around skill development,  
participation, and fun! Each player receives a T-shirt, group photo and  
participation certificate.

*Class meets 6 weeks • No class 11/29 or 2/14 • Shirts will be handed out on photo day.*

### Fall League

*Please note Photo day is October 25th:*

*2½ to 3 years old pictures are at 9:30am*

*4 to 6 year olds pictures are at 10:45am*

*Resident \$65 / Non-Resident \$78 • 6 classes*

*Ages 2½ and 3 years*

Sat	10:am–11am	Oct 25–Dec 6	43029
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*Ages 4, 5 and 6 years*

Sat	11:15am–12:15pm	Oct 25–Dec 6	43030
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### Winter League

*Please note Photo day is January 24th:*

*2½ to 3 years old pictures are at 9:30am*

*4 to 6 year olds pictures are at 10:45am*

*Resident \$65 / Non-Resident \$78 • 6 classes*

*Ages 2½ and 3 years*

Sat	10am–11am	Jan 24–Mar 7	43031
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*Ages 4, 5 and 6 years*

Sat	11:15am–12:15pm	Jan 24–Mar 7	43032
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North Kirkland Community Center

# NKCC

experience it!



**Classes and activities  
for all ages and interests  
on the following pages.**

**Come join us!**



- Parent/Child
- Preschool
- Youth & Teen
- Adult Fitness and Special Interest

## Parent/Child Programs

Most classes held at: NKCC  
North Kirkland Community Center  
12421 103rd Ave NE ★ 425.587.3350

### Parent/Child Class Requirements

- ★ Children must be able to follow directions and participate in small group settings with a parent present.
- ★ Please take your child to the bathroom before class.
- ★ No siblings other than infants in carriers; registered participants only.
- ★ Refer to class description for "no class" dates.
- ★ Please be on time!
- ★ Individual classes that are canceled due to instructor illness or emergencies will be made up the week following the end date of class, where the schedule allows. If the schedule does not allow for a make-up class, a credit will be issued.
- ★ The refund policy is on page 7.



### Wiggle Clap and Sing for Babies

#### Ages 1 to 15 months with parent

Play musically with your baby through bouncing and rocking songs, wiggle and peek-a-boo games, and dancing, moving, and singing! The foundation is laid for rhythm awareness, voice and language, and aural discrimination. Popular instructor Kate Fynn is an accomplished vocalist. See [www.wiggleclapandsing.blogspot.com](http://www.wiggleclapandsing.blogspot.com)

Location: NKCC • 6 weeks • No class 11/29  
Resident \$43 / Non-Resident \$52

Sat	9:30–10:15am	Sept 13–Oct 18	43174
Sat	9:30–10:15am	Nov 1–Dec 13	43175
Sat	9:30–10:15am	Jan 10–Feb 14	43176
Sat	9:30–10:15am	Feb 28–Apr 4	43177



### Wiggle Clap and Sing for Toddlers

#### Ages 15 months to 2 years with parent

An introduction to musical components such as rhythm, melody, and a variety of instruments. Express yourselves through music and body movement. This class is great for developing pre-math, pre-literacy, and social skills in every child! See [www.wiggleclapandsing.blogspot.com](http://www.wiggleclapandsing.blogspot.com)

Instructor: Miss Kate • Location: NKCC • 6 weeks  
No class 11/29 • Resident \$43 / Non-Resident \$52

Sat	10:25–11:10am	Sept 13–Oct 18	43178
Sat	10:25–11:10am	Nov 1–Dec 13	43179
Sat	10:25–11:10am	Jan 10–Feb 14	43180
Sat	10:25–11:10am	Feb 28–Apr 4	43181

### Wiggle Clap and Sing for Everyone

#### Ages 1 month to 5 years with parent

Make sense of the world through rhythm and melody while becoming more familiar with instruments and songs. Your preschooler will gain social skills such as self control and listening, as well as pre-literacy skills. We will also have fun with music and body movement. See [www.wiggleclapandsing.blogspot.com](http://www.wiggleclapandsing.blogspot.com)

Instructor: Miss Kate • Location: NKCC • 6 weeks  
No class 11/29 • Resident \$43 / Non-Resident \$52

Sat	11:20am–12:05pm	Sept 13–Oct 18	43182
Sat	11:20am–12:05pm	Nov 1–Dec 13	43183
Sat	11:20am–12:05pm	Jan 10–Feb 14	43184
Sat	11:20am–12:05pm	Feb 28–Apr 4	43185

## Move and Grow

Instructor Jessica Gleason has an extremely creative and joyful approach to teaching! She uses "Tummy Time," coordinated movement, and BrainDance rhymes to integrate the mind and body, while reinforcing the importance of movement in early life!

### Move and Grow for Babies

#### Ages 2 months to pre-walking with adult

Enrich your child's first year of life. Learn fun activities for enjoying tummy time and make playful social/emotional connections. Build optimal brain development using nursery rhymes, instruments, multi-sensory props while moving to a wide variety of music!

Location: NKCC • 13 weeks • No class 11/11  
Resident \$143 / Non-Resident \$172

Tue	11:30am–12:30pm	Sept 16–Dec 16	43186
Tue	11:30am–12:30pm	Jan 6–Mar 31	43187



### Move and Grow for Toddlers

#### Ages walking to 30 months with adult

Dance with your child while exploring movement activities and practicing skills. A wide variety of music, props, rhythm instruments, BrainDance rhymes and an obstacle course add to the playful environment and learning.

Location: NKCC • 13 weeks • No class 11/11  
Resident \$143 / Non-Resident \$172

Tue	9:30–10:30am	Sept 16–Dec 16	43188
Tue	10:30–11:30am	Sept 16–Dec 16	43189
Tue	9:30–10:30am	Jan 6–Mar 31	43190
Tue	10:30–11:30am	Jan 6–Mar 31	43191



## Parent/Child Preschool Cooking Series

**Ages 2 to 5 years with parent**

Classes will be held in the kitchen at our beautiful McAuliffe Park, 10824 NE 116th St, Kirkland 98034. Enter the park going north off of 108th Ave NE from NE 116th St, and then turn into the first driveway on the right. Instructor and caterer Miss Susie will open up your child's eyes and senses as you peel, pour, shred, shake, bake, mash and more!



*"My daughter loves the class and has opened her up to new foods. She tries everything since she cooked it!" —Robyn*

### Apple of My Eye

**Ages 2 to 5 years with parent**

September is the perfect time of year to explore everything about the apple. We'll cook a different apple recipe each week and also learn how apples are grown and harvested. Apple stories are also part of the fun!

*Instructor: Miss Susie • 3 weeks • Supply fee of \$6 payable to instructor • Location: McAuliffe Park  
Resident \$29 / Non-Resident \$35*

Fri	9:30–10:30am	Sept 19–Oct 3	43260
Fri	10:45–11:45am	Sept 19–Oct 3	43261

### Little Pumpkin Pie

**Ages 2 to 5 years with parent**

Oooooo went the wind and out went the lights and the five little pumpkins rolled out of sight. Wait a minute; they didn't roll out of sight they are all at McAuliffe Park! We'll visit our pumpkin garden at the park and see how pumpkins grow, and each week we will cook a different pumpkin recipe. Pumpkin stories are also part of the fun!

*Instructor: Miss Susie • 3 weeks • Supply fee of \$6 payable to instructor • Location: McAuliffe Park  
Resident \$29 / Non-Resident \$35*

Fri	9:30–10:30am	Oct 10–24	43262
Fri	10:45–11:45am	Oct 10–24	43263

### Noodles for November

**Ages 2 to 5 years with parent**

There's oodles of noodles oh what can we say? From angel hair, fusilli, and even penne. You boil and then the fun just begins, when you work on the goodies that you will mix in. From veggies and cheese and toppings galore, what more can you ask for? You don't for sure!

*Instructor: Miss Susie • 3 weeks • Supply fee of \$6 payable to instructor • Location: McAuliffe Park  
Resident \$29 / Non-Resident \$35*

Fri	9:30–10:30am	Nov 7–21	43264
Fri	10:45–11:45am	Nov 7–21	43265

### Cookie Crumbs and Sugar Plums

**Ages 2 to 5 years with parent**

Smells of cinnamon...cookie cutters...rolling and baking...eating dough ...warm times with friends. Everyone knows that cookies are a universal symbol of sweetness. Come bake with us and create sweet memories; each week we will bake a different goodie, including a gingerbread house.

*Instructor: Miss Susie • 3 weeks • Supply fee of \$6 payable to instructor • Location: McAuliffe Park  
Resident \$29 / Non-Resident \$35*

Fri	9:30–10:30am	Dec 5–19	43266
Fri	10:45–11:45am	Dec 5–19	43267

### Bunches of Munches

**Ages 2 to 5 years with parent**

In between meals and all day through, it's here a bite, there a bite, but is it good for you? Miss Susie will show you how to make snacks that are yummy, like ants on a log that are good for your tummy.

*Instructor: Miss Susie • 3 weeks • Supply fee of \$6 payable to instructor • Location: McAuliffe Park  
Resident \$29 / Non-Resident \$35*

Fri	9:30–10:30am	Jan 9–23	43271
Fri	10:45–11:45am	Jan 9–23	43272

### Hugs and Chocolate Kisses

**Ages 2 to 5 years with parent**

In this lovable series children will learn how chocolate comes from beans of the rain forest's cacao trees and how candy-makers in England and Switzerland first produced the chocolate we know and love today. We'll whip up a different chocolate concoction each week.

*Instructor: Miss Susie • 3 weeks • Supply fee of \$6 payable to instructor • Location: McAuliffe Park  
Resident \$29 / Non-Resident \$35*

Fri	9:30–10:30am	Feb 6–20	43273
Fri	10:45–11:45am	Feb 6–20	43274

### Little Spuds and Tiny Taters

**Ages 2 to 5 years with parent**

From field to fork the potato has had quite a journey! Hear about the potato's adventure to the kitchen at McAuliffe as we create one potato, two potato, three potato recipes during this series.

*Instructor: Miss Susie • 3 weeks • Supply fee of \$6 payable to instructor • Location: McAuliffe Park  
Resident \$29 / Non-Resident \$35*

Fri	9:30–10:30am	Mar 6–20	43275
Fri	10:45–11:45am	Mar 6–20	43276

**See page 17 for Creating in the Kitchen, ages 3-5 years**

## Parent/Child Art

**Ages 2½ to 3½ years with parent**

Monthly themed classes are a fun and affordable way for parents and children to explore the world of art. We'll provide all the tools like glue, glitter, paint, and dough to inspire your little ones to create their masterpieces. Dress to get messy in our indestructible Art Room!

### Knick Knack Welcome Back!

**Ages 2½ to 3½ years with parent**

It's back to school time, and time to create in our art room full of supplies. So grab a smock and join the fun while we make apple prints, and more!

*Location: NKCC • 3 weeks • Resident \$24 / Non-Resident \$29*

Mon	9:30–10:15am	Sept 8–22	43232
Thur	10:30–11:15am	Sept 11–25	43233

### Jack-O-Lantern Jamboree!

**Ages 2½ to 3½ years with parent**

Spiders and pumpkins and ghosts, oh my!!! Don't be afraid, they're cute, friendly, and fun to make, and when you are done, it's a project to take.

*Location: NKCC • 3 weeks • Resident \$24 / Non-Resident \$29*

Mon	9:30–10:15am	Oct 6–20	43234
Thur	10:30–11:15am	Oct 9–23	43235

### Pinecones and Pilgrims

**Ages 2½ to 3½ years with parent**

We're harvesting pinecones and corn just in time for you to make cob prints, turkeys and more in this class that will have you "thankful" you signed up!

*Location: NKCC • 3 weeks • Resident \$24 / Non-Resident \$29*

Mon	9:30–10:15am	Nov 3–17	43239
Thur	10:30–11:15am	Nov 6–20	43236

### Mittens and Mistletoe

**Ages 2½ to 3½ years with parent**

It's the holiday season, with a whoop-de-do, it's time to create, so set your clock and don't be late. Holiday inspired arts and craft projects are planned...think glitter!

*Location: NKCC • 3 weeks • Resident \$24 / Non-Resident \$29*

Mon	9:30–10:15am	Dec 1–15	43237
Thur	10:30–11:15am	Dec 4–18	43238

### Frosty and Friends

**Ages 2½ to 3½ years with parent**

What to do when it's cold and frosty outside? Come inside where we'll make indoor snow, snowmen, forest friends, and winter habitats.

*Location: NKCC • 3 weeks • No class 1/19*

*Resident \$24 / Non-Resident \$29*

Mon	9:30–10:15am	Jan 5–26	43240
Thur	10:30–11:15am	Jan 8–22	43241

### Be Mine...Valentine!

**Ages 2½ to 3½ years with parent**

Roses are red, hearts are too, it's a loveable class for loveable you. We'll bring out the lace, the red, and the pink, we'll make everything as sweet as you can possibly think. From love bugs to birds, and bees that go buzz, we've created the fun for you, just because.

*Location: NKCC • 3 weeks • No class 2/12 & 2/16*

*Resident \$24 / Non-Resident \$29*

Mon	9:30–10:15am	Feb 2–23	43242
Thur	10:30–11:15am	Feb 5–26	43243

### Lucky Charms and Leprechauns

**Ages 2½ to 3½ years with parent**

Blarney Stones and rainbows and pots o' gold for taking, lucky charms and sham-rocks are crafts you will be making. Lucky you!!

*Location: NKCC • 3 weeks • Resident \$24 / Non-Resident \$29*

Mon	9:30–10:15am	Mar 9–23	43244
Thur	10:30–11:15am	Mar 12–26	43245



## Saturday Parent/Child Art

**Ages 2 to 5 years with parent**

What's more fun than Saturday morning cartoons? Saturday Art, of course! We've combined our Messy Art and Parent/Child Art classes to give you a messy experience creating in our house. From homemade play-dough to seasonal crafts, we'll do it all and the best part is....the mess stays here!

*3 weeks • No class 2/14 • Location: NKCC*

*Resident \$24 / Non-Resident \$29*

Sat	9:30–10:15am	Sept 13–27	43246
Sat	10:30–11:15am	Sept 13–27	43247
Sat	9:30–10:15am	Oct 11–25	43248
Sat	10:30–11:15am	Oct 11–25	43249
Sat	9:30–10:15am	Nov 8–22	43250
Sat	10:30–11:15am	Nov 8–22	43251
Sat	9:30–10:15am	Dec 6–20	43252
Sat	10:30–11:15am	Dec 6–20	43253
Sat	9:30–10:15am	Jan 10–24	43254
Sat	10:30–11:15am	Jan 10–24	43255
Sat	9:30–10:15am	Feb 7–28	43256
Sat	10:30–11:15am	Feb 7–28	43257
Sat	9:30–10:15am	Mar 14–28	43258
Sat	10:30–11:15am	Mar 14–28	43259







## Messy Art for Twos with Parent

**2 year olds only with parent**

Tickle your two year old's senses and play messy by smearing paint and kneading dough. Sensory and tactile play helps to develop self-expression and creativity while rewarding children with the emotional pleasures of "hands-on" art. Dress for a mess!

*Instructors: Miss Monique & Miss Pam*

*Location: NKCC • 3 weeks • No class 1/19, 2/12 & 2/16*

*Resident \$24 / Non-Resident \$29*

Mon	10:30–11:15am	Sept 8–22	43211
Wed	9:30–10:15am	Sept 10–24	43212
Thur	9:30–10:15am	Sept 11–25	43213
Mon	10:30–11:15am	Oct 6–20	43214
Wed	9:30–10:15am	Oct 8–22	43215
Thur	9:30–10:15am	Oct 9–23	43216
Mon	10:30–11:15am	Nov 3–17	43217
Wed	9:30–10:15am	Nov 5–19	43218
Thur	9:30–10:15am	Nov 6–20	43219
Mon	10:30–11:15am	Dec 1–15	43220
Wed	9:30–10:15am	Dec 3–17	43221
Thur	9:30–10:15am	Dec 4–18	43222
Mon	10:30–11:15am	Jan 5–26	43223
Wed	9:30–10:15am	Jan 7–21	43224
Thur	9:30–10:15am	Jan 8–22	43225
Mon	10:30–11:15am	Feb 2–23	43226
Wed	9:30–10:15am	Feb 4–18	43227
Thur	9:30–10:15am	Feb 5–26	43228
Mon	10:30–11:15am	Mar 9–23	43229
Wed	9:30–10:15am	Mar 11–25	43230
Thur	9:30–10:15am	Mar 12–26	43231

## Language

### Polly-Glots

Polly-Glots was founded in 2007 by a mom with a dream of offering engaging and affordable language immersion classes for children. For more information visit [www.pollyglottots.com](http://www.pollyglottots.com)

### Spanish for Preschoolers

**Ages 1 to 5 years with parent**

This Spanish immersion class integrates play, music, movement, and art to engage children and connect the foreign sounds and words to everyday items and activities. Vocabulary is provided so parents can reinforce the language outside of class. Class ages may be combined to prevent class cancellations.

*Location: NKCC • 10 weeks • No class 2/11*

*Resident \$168 / Non-Resident \$202*

**Ages 1 to 3 years**

Wed	9:30–10:15am	Sept 10–Nov 12	43314
Wed	9:30–10:15am	Jan 14–Mar 25	43318

**Ages 3 to 5 years**

Wed	10:30–11:15am	Sept 10–Nov 12	43315
Wed	10:30–11:15am	Jan 14–Mar 25	43319

### Chinese for Preschoolers NEW!

**Ages 1 to 5 years with parent**

Lead by a native mandarin teacher, enjoy learning while singing, dancing, moving and engaging in fun art projects. The class is a full immersion class that allows you to capitalize on your child's prime time for language acquisition. It is great to see the children embrace the tonal language and its pronunciation. Class ages may be combined to prevent class cancellations.

*Location: NKCC • 10 weeks • No class 10/31 & 2/13*

*Resident \$168 / Non-Resident \$202*

**Ages 1 to 3 years**

Fri	9:30–10:15am	Sept 12–Nov 21	43322
Fri	9:30–10:15am	Jan 16–Mar 27	43324

**Ages 3 to 5 years**

Fri	10:30–11:15am	Sept 12–Nov 21	43323
Fri	10:30–11:15am	Jan 16–Mar 27	43325

For French ages 4–7,  
see page 20

## Sign with Your Baby

**Ages 6 months to 2 years (pre-verbal) with adult**

Did you know babies as young as six months of age can communicate with you before they speak clear words? Visually Speaking offers Baby Signing classes to hearing families using American Sign Language. You will be amazed at what your baby is telling you!

*Location: NKCC • 6 weeks • No class 11/27*

*Resident \$99 / Non-Resident \$119*

*(NOTE: 2nd child in same family fee:*

*Resident \$60 / Non-Resident \$72)*

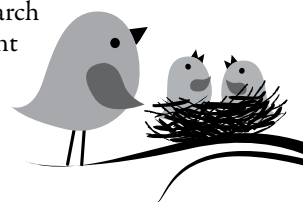
Thur	11am–12pm	Sept 11–Oct 16	43192
Thur	11am–12pm	Oct 30–Dec 11	43193
Thur	11am–12pm	Jan 8–Feb 12	43194
Thur	11am–12pm	Feb 19–Mar 26	43195

## Massage NEW!

### Baby Bird Infant Massage

**Infants to 12 months with parent or caregiver 18+**

You're not the only one who craves a soothing body rub every now and then. Babies also find a gentle laying on of hands very relaxing and therapeutic. That's because of the five senses, touch is the one that's most developed at birth, and there's research to suggest that infant massage has enormous benefits for helping babies grow and thrive. Come learn how massage can help your baby sleep, assist tummy troubles, decrease colic and can create a one-of-a-kind bond with each other. We will also have support time at the end where you can ask questions about your infant and get advice from each other.



*Instructor: Ayrian Ott/Baby Bird Massage • Location: NKCC  
5 weeks • No class 11/11 • Resident \$135 / Non-Res. \$162*

Tues	10–11:30am	Sept 16–Oct 14	43568
Tues	10–11:30am	Oct 28–Dec 2	43569
Tues	10–11:30am	Jan 13–Feb 10	43570
Tues	10–11:30am	Feb 24–Mar 24	43571

## Parent/Child Dance for Two Years

### Twos In Tutus Creative Dance

**Age 2 with parent**

Don't wait until you're three to twirl in your tutu! Bring your mom in her sweats (it's OK), and twirl to the music in your own special way. And when you turn three, you'll be ready we bet, for Preschool Dance A and a pirouette! Leather soled ballet slippers required.

Location: NKCC • 6 weeks • No class 10/31 & 11/28  
Resident \$29 / Non-Resident \$35

Fri	9:45–10:15am	Sept 12–Oct 17	43278
Fri	10:30–11am	Sept 12–Oct 17	43279
Fri	9:45–10:15am	Oct 24–Dec 12	43280
Fri	10:30–11am	Oct 24–Dec 12	43281
Fri	9:45–10:15am	Jan 9–Feb 13	43282
Fri	10:30–11am	Jan 9–Feb 13	43283
Fri	9:45–10:15am	Feb 20–Mar 27	43284
Fri	10:30–11am	Feb 20–Mar 27	43285

Rain or shine, have  
a playground party  
to celebrate your  
special day  
at the NKCC!



Have an hour of private play time at our outrageously fun indoor playground!

Enjoy the rest of your celebration in your very own private party room! Applications at: [www.kirklandwa.gov](http://www.kirklandwa.gov) under "How Do I Rent a Park/Facility"

Reserve Your Special Day!

425.587.3350

2 hours: Resident \$140 / Non-Res \$168  
25 Children Max. • Sat. or Sun.

## Boogie Woogie

### Baby Boogie Woogie

**Ages 12 months to 36 months  
with parent**

In this musical class we will sing all the old favorites, make our own music with an assortment of fun instruments, and march to our own drummer! Teacher Karen Renfroe-Gielgens has over 20 years experience teaching programs to our preschoolers.

Please take note of our age groups; you are now able to attend this class with your younger and older ones

Instructor: Karen Renfroe-Gielgens • Location: NKCC  
4 weeks • No class 1/19 • Resident \$29 / Non-Resident \$35

#### 12 to 18 months

Mon	9:15–10am	Sept 8–29	43196
Mon	9:15–10am	Oct 6–27	43197
Mon	9:15–10am	Jan 12–Feb 9	43202
Mon	9:15–10am	Feb 23–Mar 16	43203

#### 12 to 36 months

Mon	10:10–10:55am	Sept 8–29	43198
Mon	10:10–10:55am	Oct 6–27	43199
Mon	11:05–11:50am	Sept 8–29	43200
Mon	11:05–11:50am	Oct 6–27	43201
Mon	10:10–10:55am	Jan 12–Feb 9	43204
Mon	10:10–10:55am	Feb 23–Mar 16	43205
Mon	11:05–11:50am	Jan 12–Feb 9	43206
Mon	11:05–11:50am	Feb 23–Mar 16	43207

### Holiday Baby Boogie Woogie

**Ages 12 months to 36 months  
with parent**

Come join us for a 5-week session of Boogie Woogie with a holiday flair.

Instructor: Karen Renfroe-Gielgens • Location: NKCC  
5 weeks • No class 11/24 • Resident \$36 / Non-Resident \$43

#### 12 to 18 months

Mon	9:15–10am	Nov 10–Dec 15	43208
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#### 12 to 36 months

Mon	10:10–10:55am	Nov 10–Dec 15	43209
Mon	11:05–11:50am	Nov 10–Dec 15	43210



## McAULIFFE PARK

10824 NE 116th St, Kirkland



The following classes are located just around the corner from the North Kirkland Community Center in our beautiful McAuliffe Park location. We're so excited to have a kitchen!

- Creating in the Kitchen for Youth
- Parent/Child Preschool Cooking Series
- McAuliffe Park Preschool Fun Outdoors



## Parent/Child Kids In Motion

**Up and over, under and through, balls and streamers, tunnels and YOU!**

Meet friends, build confidence and have FUN developing large muscle motor skills. This program progresses with your children... they'll be crawling, climbing, balancing, and bouncing their way through each class! See page 15 for child-only Kids In Motion classes.

Location: NKCC

### Parent/Child Motion I

**Ages 18 to 26 months  
Child must be walking!**

7 weeks • Resident \$49 / Non-Resident \$59

Wed	9:15–10am	Sept 10–Oct 22	43286
Thur	9:50–10:35am	Sept 11–Oct 23	43287

6 weeks • No class 11/26 & 11/27  
Resident \$42 / Non-Resident \$50

Wed	9:15–10am	Nov 5–Dec 17	43288
Thur	9:50–10:35am	Nov 6–Dec 18	43289
Wed	9:15–10am	Jan 7–Feb 11	43290
Thur	9:50–10:35am	Jan 8–Feb 12	43291
Wed	9:15–10am	Feb 25–Apr 1	43292
Thur	9:50–10:35am	Feb 26–Apr 2	43293

### Parent/Child Motion II

**Ages 24 to 36 months**

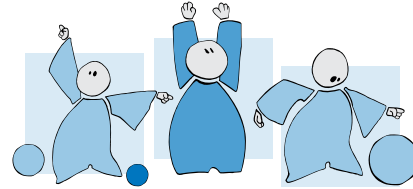
7 weeks • Resident \$49 / Non-Resident \$59

Wed	10:05–10:50am	Sept 10–Oct 22	43294
Thur	10:45–11:30am	Sept 11–Oct 23	43295

6 weeks • No class 11/26 & 11/27  
Resident \$42 / Non-Resident \$50

Wed	10:05–10:50am	Nov 5–Dec 17	43296
Thur	10:45–11:30am	Nov 6–Dec 18	43297
Wed	10:05–10:50am	Jan 7–Feb 11	43298
Thur	10:45–11:30am	Jan 8–Feb 12	43299
Wed	10:05–10:50am	Feb 25–Apr 1	43300
Thur	10:45–11:30am	Feb 26–Apr 2	43301

# Indoor Playground



## Drop-in Program with Parent

**Indoor Playground Ages 9 months–5 years**

Tuesday, Wednesday, and Thursday

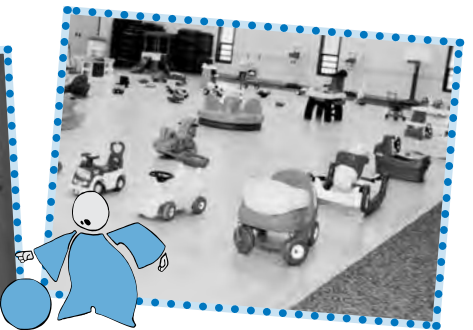
**\$3 per child per visitor or 10-visit \$25 punchcard**

*The sun did not shine  
It was too wet to play  
So we sat in the house  
On that cold, cold wet day.*

*I sat there with Sally,  
We sat there we two  
And oh, how I wished  
We had something to do!*

—Dr. Seuss

Don't sit in the house—come out to play in our large multipurpose room where there's lots of room to run! There are "Little Tikes" and "Step2-type" pedal and push buggies, cars, roller coaster and coupes, pirate ship climber, climber with slide, toddler teeter totter, kitchen set, workbench, small riding toys, wagon, rockers, trike, octopus merry-go-round, and small toy cars and trucks. We also include busy boxes, and miscellaneous pull and baby toys for the youngest participants. Adults must supervise children at all times.



## North Kirkland Community Center

12421 103rd Ave NE, 425.587.3350 • \$3 per visit

- Fee \$3 per visit, per child at the door
- Please bring exact change
- No 6 year olds, please!
- Sorry, no snacks or drinks allowed in the multipurpose room
- Convenient cost-saving Drop-In Punch Cards!  
\$25 for 10 visits. These make great gifts!

**Sept 9-Dec 18, 2014** \*Closed Nov 11 & 27

**Jan 6-Apr 2, 2015**

**Ages 9 months–5 years**

Tuesday and Thursday, 10am-1pm

Wednesday, 11am-1pm



# Preschoolers

## Preschool Programs

Most classes held at: NKCC  
North Kirkland Community Center  
12421 103rd Ave NE ★ 425.587.3350

### Preschool Class Requirements

- ★ Children must be able to follow directions and participate in small group setting without a parent.
- ★ Please take your child to the bathroom before class.
- ★ No siblings other than infants in carriers; registered participants only.
- ★ Refer to class description for "no class" dates.
- ★ Please be on time for drop-off and pick-up.!
- ★ If we cancel an individual class, we will make it up when the schedule allows. If the schedule does not allow for a make-up class, a credit will be issued. No make-up are available for missed classes.
- ★ Refund policy is on page 7

## Preschool Fun

### McAuliffe Park Preschool Fun Outdoors **NEW!**

#### Ages 3 to 5 years

Potty trained preschoolers spend fifty percent of each day outside, rain or shine, amid this 12 acre park discovering the wonders of the natural world that surround them. Inside activities will include stories, music, construction play, art, dramatic play, and letter recognition. There is no such thing as bad weather, only bad clothes, so be sure to dress for the elements.

*Choose from a 1 hour or 1.5 hour class • We recommend the 1 hour program for beginners • Instructor: Miss Melissa • Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE) • There is a 1 to 8 teacher to student ratio and each session will be a new curriculum*

#### Age 3 years

5 weeks • Resident \$53 / Non-Resident \$64 (per session)

Thur	9:30–10:30am	Sept 11–Oct 9	43574
Thur	9:30–10:30am	Oct 16–Nov 13	43575

4 weeks • No class 11/27

Resident \$42 / Non-Resident \$50 (per session)

Thur	9:30–10:30am	Nov 20–Dec 18	43576
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6 weeks • No class 2/12

Resident \$64 / Non-Resident \$77 (per session)

Thur	9:30–10:30am	Jan 8–Feb 19	43586
Thur	9:30–10:30am	Feb 26–Apr 2	43587

#### Ages 3 to 4 years

5 weeks • Resident \$80 / Non-Resident \$96 (per session)

Thur	10:40am–12:10pm	Sept 11–Oct 9	43580
Thur	10:40am–12:10pm	Oct 16–Nov 13	43581

4 weeks • No class 11/27

Resident \$64 / Non-Resident \$77 (per session)

Thur	10:40am–12:10pm	Nov 20–Dec 18	43582
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6 weeks • No class 2/12

Resident \$96 / Non-Resident \$115 (per session)

Thur	10:40am–12:10pm	Jan 8–Feb 19	43588
Thur	10:40am–12:10pm	Feb 26–Apr 2	43589

#### Ages 4 to 5 years

5 weeks • Resident \$80 / Non-Resident \$96 (per session)

Thur	12:30–2pm	Sept 11–Oct 9	43583
Thur	12:30–2pm	Oct 16–Nov 13	43584

4 weeks • No class 11/27

Resident \$64 / Non-Resident \$77 (per session)

Thur	12:30–2pm	Nov 20–Dec 18	43585
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6 weeks • No class 2/12

Resident \$96 / Non-Resident \$115 (per session)

Thur	12:30–2pm	Jan 8–Feb 19	43590
Thur	12:30–2pm	Feb 26–Apr 2	43591

### ABC & 123

### "Preschool Fun For Everyone"

#### Ages 3 to 5 years

Miss Susie will teach letter and color recognition, number sequencing, science, seasons and art doing creative group and individual projects. A 1 to 8 teacher to student ratio.

*Choose from a 1 hour or 1½ hour class. We recommend the 1 hour programs for beginners • Location: NKCC*

#### Age 3 years

5 weeks • No class 11/11

Resident \$53 / Non-Resident \$64 (per session)

Tue	9:30–10:30am	Sept 9–Oct 7	43605
Tue	9:30–10:30am	Oct 14–Nov 18	43608

4 weeks

Resident \$42 / Non-Resident \$50 (per session)

Tue	9:30–10:30am	Nov 25–Dec 16	43611
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6 weeks

Resident \$64 / Non-Resident \$77 (per session)

Tue	9:30–10:30am	Jan 6–Feb 10	43614
Tue	9:30–10:30am	Feb 24–Mar 31	43617

#### Ages 3 to 4 years

5 weeks • No class 11/11

Resident \$80 / Non-Resident \$96 (per session)

Tue	10:40am–12:10pm	Sept 9–Oct 7	43606
Tue	10:40am–12:10pm	Oct 14–Nov 18	43609

4 weeks

Resident \$64 / Non-Resident \$77 (per session)

Tue	10:40am–12:10pm	Nov 25–Dec 16	43612
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6 weeks

Resident \$96 / Non-Resident \$115 (per session)

Tue	10:40am–12:10pm	Jan 6–Feb 10	43615
Tue	10:40am–12:10pm	Feb 24–Mar 31	43618

#### Ages 4 to 5 years

5 weeks • No class 11/11

Resident \$80 / Non-Resident \$96 (per session)

Tue	12:30–2pm	Sept 9–Oct 7	43607
Tue	12:30–2pm	Oct 14–Nov 18	43610

4 weeks • Resident \$64 / Non-Resident \$77 (per session)

Tue	12:30–2pm	Nov 25–Dec 16	43613
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6 weeks • Resident \$96 / Non-Resident \$115 (per session)

Tue	12:30–2pm	Jan 6–Feb 10	43616
Tue	12:30–2pm	Feb 24–Mar 31	43619



McAuliffe Park  
Preschool Fun  
Outdoors



## Art

### Art Adventures (Parent Participation Optional)

#### Ages 3 to 5 years

You're a little bit older, and now ready for this, a safari in art you won't want to miss. So lace up your boots, on a hunt we will go, that will take us through paint lands and mountains of dough. We'll capture the colors and textures and more, and release them to projects you're sure to adore.

*Instructor: Miss Pamela • Location: NKCC*  
3 weeks • Resident \$24 / Non-Resident \$29

Wed	10:30–11:15am	Sept 10–24	43332
Wed	10:30–11:15am	Oct 8–22	43333
Wed	10:30–11:15am	Nov 5–19	43334
Wed	10:30–11:15am	Dec 3–17	43335
Wed	10:30–11:15am	Jan 7–21	43336
Wed	10:30–11:15am	Feb 4–18	43337
Wed	10:30–11:15am	Mar 11–25	43338

### Valentine Workshop

#### Ages 5 to 8 years

Create a one-of-a-kind valentine box with glitter, doilies, paint, stickers, and more to store your beloved valentines. Listen to a heartwarming story, and enjoy a valentine snack.

*Instructor: Miss Pamela • Location: NKCC*  
Resident \$20 / Non-Resident \$24

Sat	12–1:30pm	Feb 7	43340
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### Art for Little Hands **NEW!**

#### Ages 4 to 5 years

Enter the world of creativity and easy early learning for young hands and minds. Children will be led through creative art projects designed to develop fine motor and social skills. They will see and handle a range of materials, tools, objects and come home with original art that only a child can make! All materials are provided and be sure your child comes dressed for a mess.

*Classes offered in partnership with the Kirkland Arts Center*  
• Location: PKCC • Instructor: Karin Chickadel • 6 classes  
Resident \$50 / Non-Resident \$60

Sat	11:15am–12:15pm	Sept 20–Oct 25	43010
Sat	11:15am–12:15pm	Jan 10–Feb 14	43011

# PEE WEE MONSTER BASH!

#### Ages 5 and under with parent

Put on your costume, grab your broom and fly on over to our 7th Annual Pee Wee Monster Bash! You'll do the monster mash, the ghoulish cookie walk, swamp fishing for treats, arts & crafts, and more. We guarantee a

not too spooky time, just a kooky time!



PRE-REGISTER early to guarantee your spot! • Event usually sells out • If not sold out, tickets will be available at the door on a limited basis • No refunds for this event

Resident \$10.95 per child  
Non-Resident \$13.14 per child  
(includes WA State Sales Tax)

## FRIDAY, OCT 31 10:00AM–NOON

North Kirkland Community Center  
12421 103rd Ave NE

Friday 10am–12pm October 31 43342

#### Ages 3 to 10 years with Dad

DECEMBER 12  
6:30–8:30pm

## Snowflake Ball

FATHER DAUGHTER DANCE

START AN ANNUAL TRADITION! Join us for a fun Father/Daughter Dance as we celebrate the beginning of the winter season with an enchanted evening of music and dancing. Dance to old favorites such as YMCA and the Macarena and learn new dances, too. Create a princess craft, and enjoy beverages and goodies. Dress up in your finest clothes or princess gowns since this will be a magical night spent with Dad! Grandpas, uncles, or other father figures etc. are welcomed to escort their little sweethearts to this special evening. Have your commemorative photo taken as a treasured memory of this wonderful night. Register each child separately—space is limited so sign up now!

Location: NKCC • Resident \$25.19 per child  
Non-Resident \$30.23 (includes WA State Sales Tax)

Friday 6:30–8:30pm December 12 43343



# Preschoolers

## Science/Art Series for 3's **NEW!**

### A Science/Art Experience

#### Age 3 years

These new short science classes are well suited for the youngest of scientists. This science and art series concentrates on exploring, discovering, and nurturing your preschool students' curiosity about the world around them. We will focus on problem solving, making guesses and estimates, and developing observation skills. Each series will have a variety of 'hands-on' and interactive themes! Learning will always be followed by a creative art project.

### Baggie Science **NEW!**

#### Age 3 years

Ordinary zip lock bas can be the perfect environment for a science experiment. Each week we will be getting messy and trying something new.

Instructor: Miss Melissa • Location: NKCC • 3 weeks  
Resident \$39 / Non-Resident \$47

Wed	1-2pm	Sept 10-24	43344
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### Gadgets & Contraptions **NEW!**

#### Age 3 years

Do you find your little scientist taking things apart and asking how they work? In this series we will do some hands on learning as we make catapults, pendulums and pulleys!

Instructor: Miss Melissa • Location: NKCC • 3 weeks  
Resident \$39 / Non-Resident \$47

Wed	1-2pm	Oct 8-22	43345
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### Pollinators **NEW!**

#### Age 3 years

Pollination is important for every living creature. We will learn about the process of pollination and the animals that pollinate and how we can help the process of pollination ourselves.

Instructor: Miss Melissa • Location: NKCC • 3 weeks  
Resident \$39 / Non-Resident \$47

Wed	1-2pm	Nov 5-19	43346
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### Winter Wonders **NEW!**

#### Age 3 years

Winter can be cold but also fun. We will learn about the wonders of winter and the animals that live in the Polar Regions. Instructor: Miss Melissa

Location: NKCC • 3 weeks • Resident \$39 / Non-Resident \$47

Wed	1-2pm	Dec 3-17	43347
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### Animal Adaptions **NEW!**

#### Age 3 years

As ecologists we will discover how animals adapt to their surroundings to find food and shelter. Each class we will create a new habitat.

Instructor: Miss Melissa • Location: NKCC • 3 weeks  
Resident \$39 / Non-Resident \$47

Wed	1-2pm	Jan 7-21	43348
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### Mysterious Mixtures **NEW!**

#### Age 3 years

What dissolves and what doesn't? Do liquids with different densities mix? We will have fun making ooey gooey oobleck, homemade ice cream and more.

Instructor: Miss Melissa • Location: NKCC • 3 weeks  
Resident \$39 / Non-Resident \$47

Wed	1-2pm	Jan 28-Feb 11	43349
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### Circles, Squares, & Triangles, Oh My **NEW!**

#### Age 3 years

Shapes are all around us. Which ones are good for moving things? Which shapes hold the most weight? Is one shape better than another? How can we use these shapes to make things?

Instructor: Miss Melissa • Location: NKCC • 3 weeks  
Resident \$39 / Non-Resident \$47

Wed	1-2pm	Mar 4-18	43350
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## Science/Art Series for 4 to 5's

### Dinosaurs

### A Science/Art Experience

#### Ages 4 to 5 years

Your little paleontologist will have fun exploring dinosaurs and how they are classified. They will explore dinosaur fossils, eggs, life cycle, how dinosaurs defended themselves, and discuss what may have caused them to become extinct. They will follow up their natural science activity with an exploration of art, experience watercolors, pastels, paints and clay.

Instructor: Miss Melissa • Location: NKCC • 5 weeks  
Resident \$72 / Non-Resident \$86

Tue	10:30am-12pm	Sept 9-Oct 7	43352
Tue	12:30-2pm	Sept 9-Oct 7	43353

### Life Cycles **NEW!**

### A Science/Art Experience

#### Ages 4 to 5 years

Whether it is a plant, insect, mammal, bird, reptile or amphibian it has a life cycle. Each week we will feature a life cycle of a living organism and discuss the similarities and differences between the different species. Be prepared to be taught from you little life scientist as they explain their life cycle artwork.

Instructor: Miss Melissa • Location: NKCC • 4 weeks  
No class 11/11 • Resident \$58 / Non-Resident \$70

Tue	10:30am-12pm	Oct 21-Nov 18	43354
Tue	12:30-2pm	Oct 21-Nov 18	43355

### Experiments

### A Science/Art Experience

#### Ages 4 to 5 years

This short series encourages divergent thinking and provides tools for children to learn about their world through scientific experiments. They will learn why oil and water don't mix, the power of carbon dioxide, and how salt changes the chemistry of water. Don't miss out as every class will have a new science experiment.

Instructor: Miss Melissa • Location: NKCC • 3 weeks  
Resident \$43 / Non-Resident \$52

Tue	10:30am-12pm	Dec 2-16	43356
Tue	12:30-2pm	Dec 2-16	43357





## Earth's Endangered Creatures

### A Science/Art Experience

#### Ages 4 to 5 years

What is an endangered species? Why are they endangered and how can we help? Each week children will discuss the threatening factors such as habitat loss, hunting, disease and climate change. Each session will be followed by an exploration of art focusing on our featured animals.

*Instructor: Miss Melissa • Location: NKCC • 5 weeks*  
*Resident \$72 / Non-Resident \$86*

Tue	10:30am–12pm	Jan 6–Feb 3	43358
Tue	12:30–2pm	Jan 6–Feb 3	43359

## Habitats

### A Science/Art Experience

#### Ages 4 to 5 years

Children will explore the wonders of different habitats. They will discover the similarities and differences between deserts, ponds, temperate forest, arctic, and the ocean. They will follow up their natural science activity with an exploration of art, experiencing watercolors, pastels, paints and clay. Don't miss out as we learn about the world around us with hands on activities.

*Instructor: Miss Melissa • Location: NKCC • 5 weeks*  
*Resident \$72 / Non-Resident \$86*

Tue	10:30am–12pm	Feb 24–Mar 24	43360
Tue	12:30–2pm	Feb 24–Mar 24	43361

## Engineering For Kids

### Junior Mechanical Engineering: Mechanical Toys **NEW!**

#### Ages 4 to 6 years

The Mechanical Toys Unit is designed to introduce our youngest students to the field of mechanical engineering through the investigations and design of an assortment of toys. Student will learn about various principles of motion as they construct a variety of toys from boomerangs to guitars. Students will learn about various principles of motion as they construct a variety of toys from boomerangs to guitars. Students will have fun learning about mechanical engineering through learning, building, and playing with their cool mechanical toys.

*Instructor: Engineering for Kids • Location: NKCC*  
*6 weeks • Resident \$90 / Non-Resident \$108*  
*\$35 supply fee payable to the instructor*

Wed	1–1:45pm	Sept 24–Oct 29	43595
Wed	1–1:45pm	Feb 25–Apr 1	43597

### Junior Environmental Engineering **NEW!**

#### Ages 4 to 6 years

Are you ready to get down and dirty searching for solutions to some of our biggest environmental problems? In Junior Environmental, student ponder some truly “hot” environmental issues. Student in this class save endangered animals, help plants grow and create protection from the sun's heat. By investigating natural processes like erosion, animal adaptations, and plant growth; we discover ways that we as engineers can be inspired by the world around us to take on all sorts of challenges.

*Instructor: Engineering for Kids • Location: NKCC • 6 weeks*  
*No class 11/26 • Resident \$90 / Non-Resident \$108*  
*\$35 supply fee payable to the instructor*

Wed	1–1:45pm	Nov 5–Dec 17	43596
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### Junior Marine Engineering **NEW!**

#### Ages 4 to 6 years

What causes something to sink or float? How can engineers help explore and navigate the oceans of the world? These questions and more are all explored during the Junior Marine Engineering course. In this class, students explore the concepts of marine engineering and mechanics, harnessing the power of water, and discovering designs that help us make the impossible, possible.

*Instructor: Engineering for Kids • Location: NKCC*  
*6 weeks • Resident \$90 / Non-Resident \$108*  
*\$35 supply fee payable to the instructor*

Wed	1–1:45pm	Jan 14–Feb 18	43598
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# Preschoolers

## Language

### Polly-Glots

Polly-Glots was founded in 2007 by a mom with a dream of offering engaging and affordable language immersion classes for children.

### French For Children

**Ages 5 to 9 years**  
**parent participation optional**

This French immersion class integrates play, music, movement, and art to engage children and connect the foreign sounds and words to everyday items and activities. Vocabulary is provided so parents can reinforce the language outside of class.

*Instructor: Frederique Battestini/Polly-Glots*  
*Location: NKCC • 10 weeks • No class 2/14*  
*Resident \$168 / Non-Resident \$202*

Sat	10–10:45am	Sept 13–Nov 15	43364
Sat	10–10:45am	Jan 17–Mar 28	43365

For Parent/Child Spanish and Chinese ages 1–5, see page 13

## Cooking

### Creating In The Kitchen With Karen

**Ages 3 to 5 years (children only)**

Nurture curiosity in this tasty class where your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time!

*Instructor: Karen Renfroe-Gielgens • Location: McAuliffe Park, 10824 NE 116th St, Kirkland 98034 (enter off of 108th Ave NE) • 8 weeks • No class 1/19 & 2/16 • \$10 supply fee payable to instructor • Resident \$69 / Non-Resident \$83*

Mon	2:30–3:30pm	Sept 8–Oct 27	43326
Mon	2:30–3:30pm	Jan 12–Mar 16	43328

### Holiday Creating in the Kitchen with Karen

**Ages 3 to 5 years**

Cook special holiday treats in this 4-week class.

*Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE) • 5 weeks • No class 11/24*  
*Supply fee of \$6 payable to instructor*  
*Resident \$45 / Non-Resident \$54*

Mon	2:30–3:30pm	Nov 10–Dec 15	43330
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## Preschool Music

### Move Over Mozart Piano Classes

**Ages 3 to 6 years**

Learn to play familiar tunes on the piano, read music, and, basic music theory. Class recitals throughout the year are optional. Having a piano at home is not a requirement; instruction on community center piano or keyboard is included in instruction. A one-time \$10 materials fee is payable to instructor and due at first class.

*Class size is limited to 6 (additional classes may be added based on waiting lists) • For more information visit [moveovermozart.net](http://moveovermozart.net) • Location: NKCC*

### Fall Classes

*No class 11/11, 12/29*

**Monday 16 weeks • Resident \$159 / Non-Resident \$191**  
**Tuesday & Thursday 10 weeks • Res \$99 / Non-Res \$119**

### Preschool Ages 3 to 4 years

Mon	4–4:30pm	Sept 22–Jan 12	16 classes	43366
Mon	5–5:30pm	Sept 22–Jan 12	16 classes	43367
Tue	4–4:30pm	Sept 16–Nov 25	10 classes	43368
Thur	4–4:30pm	Sept 18–Nov 20	10 classes	43369
Thur	5:30–6pm	Sept 18–Nov 20	10 classes	43370

### Grade K–1; Ages 5 to 6 years

Mon	4:30–5pm	Sept 22–Jan 12	16 classes	43371
Mon	5:30–6pm	Sept 22–Jan 12	16 classes	43372
Tue	4:30–5pm	Sept 16–Nov 25	10 classes	43373
Thur	4:30–5pm	Sept 18–Nov 20	10 classes	43374
Thur	6–6:30pm	Sept 18–Nov 20	10 classes	43375

### Winter Classes

*No class 1/20, 2/16, 2/17, 2/19*

**Monday 9 weeks • Resident \$89 / Non-Resident \$107**  
**Tuesday & Thursday 10 weeks • Res \$99 / Non-Res \$119**

### Preschool Ages 3 to 4 years

Mon	4–4:30pm	Jan 26–Mar 30	9 classes	43377
Mon	5–5:30pm	Jan 26–Mar 30	9 classes	43378
Tue	4–4:30pm	Jan 20–Mar 31	10 classes	43379
Thur	4–4:30pm	Jan 22–Apr 2	10 classes	43380
Thur	5:30–6pm	Jan 22–Apr 2	10 classes	43381

### Grade K–1; Ages 5 to 6 years

Mon	4:30–5pm	Jan 26–Mar 30	9 classes	43382
Mon	5:30–6pm	Jan 26–Mar 30	9 classes	43383
Tue	4:30–5pm	Jan 20–Mar 31	10 classes	43384
Thur	4:30–5pm	Jan 22–Apr 2	10 classes	43385
Thur	6–6:30pm	Jan 22–Apr 2	10 classes	43386

For Move Over Mozart classes for ages 7–12, see page 25

## Preschool Dance

### Preschool Ballet A

**Ages 3 to 4½ years with no previous dance experience**

This exciting introduction to creative dance emphasizes musical expression, coordination and movement exploration. Mirrors and music create an enchanting dance environment. Parents may join us for the last class to watch and take pictures.

*Ballet slippers required! Location: NKCC*

**Fall 12 weeks • No class 11/24–29**  
**Resident \$86 / Non-Resident \$103**

Mon	9:45–10:30am	Sept 15–Dec 8	43392
Wed	10:30–11:15am	Sept 17–Dec 10	43393
Wed	11:25am–12:10pm	Sept 17–Dec 10	43394
Thur	10:20–11:05am	Sept 18–Dec 11	43395
Sat	9–9:45am	Sept 13–Dec 6	43396
Sat	9:50–10:35am	Sept 13–Dec 6	43397

**Winter Monday 11 weeks • No class 1/19 & 2/16**  
**Resident \$79 / Non-Resident \$95**

Mon	9:45–10:30am	Jan 5–Mar 30	43398
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**Winter Wednesday, Thursday, & Saturday 12 weeks**  
**Resident \$86 / Non-Resident \$103**

Wed	10:30–11:15am	Jan 7–Mar 25	43399
Wed	11:25am–12:10pm	Jan 7–Mar 25	43400
Thur	10:20–11:05am	Jan 8–Mar 26	43401
Sat	9–9:45am	Jan 10–Mar 28	43402
Sat	9:50–10:35am	Jan 10–Mar 28	43403

### Preschool Ballet B

**Ages 4 to 6 years**

Older preschoolers and children with previous dance experience will explore musicality, artistic expression and a repertoire of dance steps. Parents may join us for the last class to watch and take pictures.

*Ballet slippers required! • Location: NKCC*

**Fall 12 weeks • No class 11/24–29**  
**Resident \$86 / Non-Resident \$103**

Mon	11:25am–12:10pm	Sept 15–Dec 8	43404
Thur	11:15am–12pm	Sept 18–Dec 11	43405
Sat	10:40–11:25am	Sept 13–Dec 6	43406

**Winter Monday 11 weeks • No class 1/19 & 2/16**  
**Resident \$79 / Non-Resident \$95**

Mon	11:25am–12:10pm	Jan 5–Mar 30	43407
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**Winter Thursday & Saturday 12 weeks**  
**Resident \$86 / Non-Resident \$103**

Thur	11:15am–12pm	Jan 8–Mar 26	43408
Sat	10:40–11:25am	Jan 10–Mar 28	43409



## Preschool Ballet/Tap Combo A

### Ages 3 to 4½ years

Remember your first pair of shiny black tap shoes? We do! Tap was so much fun we added it to our Preschool Ballet Class! This class will introduce the very beginning movements of ballet and the toe tapping sounds of tap. Parents may join us for the last class to watch and take pictures.

*Ballet slippers and tap or dress shoes required!*  
Location: NKCC

**Fall 12 weeks • No class 11/24 - 29**  
Resident \$86 / Non-Resident \$103

Mon	10:35–11:20am	Sept 15–Dec 8	43410
Thur	9:30–10:15am	Sept 18–Dec 11	43411
Thur	4–4:45pm	Sept 18–Dec 11	43412

**Winter Monday 11 weeks • No class 1/19 & 2/16**  
Resident \$79 / Non-Resident \$95

Mon	10:35–11:20am	Jan 5–Mar 30	43413
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**Winter Thursday 12 weeks**  
Resident \$86 / Non-Resident \$103

Thur	9:30–10:15am	Jan 8–Mar 26	43414
Thur	4–4:45pm	Jan 8–Mar 26	43415

## Preschool Ballet/Tap Combo B

### Ages 4 to 6 years

Ballet and tap are explored in this class for the older preschooler and also for children with previous dance experience. Parents may join us for the last class to watch and take pictures

*Ballet slippers and tap or dress shoes required!*  
Location: NKCC • 12 weeks • No class 11/26 & 27  
Resident \$86 / Non-Resident \$103

Wed	12:15–1pm	Sept 17–Dec 10	43416
Thur	4:50–5:35pm	Sept 18–Dec 11	43417
Wed	12:15–1pm	Jan 7–Mar 25	43418
Thur	4:50–5:35pm	Jan 8–Mar 26	43419

**Dance Class for Two Year Olds with Parent, see page 14**

## Jazz for Children

### Ages 3 to 4½ years

Jazz—It's fun, upbeat, and allows for just enough "free dance." This might be the perfect combination class because ballet techniques are taught through jazz. Start with a simple warm up followed by intros to turns, kicks, and leaps, with time for free form expression. Parents may join us for the last class to watch and take pictures.

*Ballet slippers required • Location: NKCC • 12 weeks*  
No class 11/26 • Resident \$86 / Non-Resident \$103

Wed	9:40–10:25am	Sept 17–Dec 10	43420
Wed	9:40–10:25am	Jan 7–Mar 25	43421

## Ice Skating ALL AGES!

Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Whether you are a beginner or would like to enhance your present skill level, we encourage children and adults to join. Students will be divided into their skill level and age level. Skates will be provided and helmets are highly recommended.

Location: Kingsgate Arena; 14326 124th Ave NE, Kirkland, 98034 • Classes will include 30 minutes of professional instruction and 30 minutes of practice/free skating time  
• Registration deadline is: one week prior to start of first class • Please arrive ½ hour before class to get skates on  
• Please wear warm clothes, jacket and gloves

## Fall Classes

### Ages 5 to Adult

7 weeks • Resident \$125 / Non-Resident \$150

Mon	6–7pm	Sept 8–Oct 20	42915
Fri	6–7pm	Sept 12–Oct 24	42919
Mon	6–7pm	Nov 3–Dec 15	42916

4 weeks • Resident \$75 / Non-Resident \$90 • No class 11/28

Fri	6–7pm	Nov 7–Dec 5	42920
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### Ages 4 to Adult

7 weeks • Resident \$125 / Non-Resident \$150

Tue	10:45–11:45am	Sept 9–Oct 21	42917
Tue	10:45–11:45am	Nov 4–Dec 16	42918

## Winter Classes

### Ages 5 to Adult

7 weeks • Resident \$130 / Non-Resident \$156

Mon	6–7pm	Jan 5–Feb 16	42921
Fri	6–7pm	Jan 9–Feb 20	42925
Mon	6–7pm	Mar 2–Apr 13	42922
Fri	6–7pm	Mar 6–Apr 17	42926

### Ages 4 to Adult

7 weeks • Resident \$130 / Non-Resident \$156

Tue	10:45–11:45am	Jan 6–Feb 17	42923
Tue	10:45–11:45am	Mar 3–Apr 14	42924





# Preschoolers

## Tumbling

### Little Tumblers 1

#### Ages 3 to 4 years

FUNDamental tumbling is geared toward the 3 and 4 year old preschooler. Basic tumbling skills are taught on floor mats. Introduction to low balance beam, bar, and trampoline. The emphasis in this class is placed on coordination, technique, and FUN!

*Please dress comfortably in shorts, T-shirts or leotards.  
No clothing with buttons or zippers.*

**Fall 6 weeks • No class 11/24 • Location: NKCC**  
Resident \$45 / Non-Resident \$54

Mon	4–4:45pm	Sept 8–Oct 13	43428
Mon	4–4:45pm	Oct 27–Dec 8	43429
Mon	9:40–10:25am	Sept 8–Oct 13	43430
Mon	10:30–11:15am	Sept 8–Oct 13	43431
Mon	11:30am–12:15pm	Sept 8–Oct 13	43432
Mon	9:40–10:25am	Oct 27–Dec 8	43433
Mon	10:30–11:15am	Oct 27–Dec 8	43434
Mon	11:30am–12:15pm	Oct 27–Dec 8	43435

**Winter 5 weeks • No class 1/19 • Location: NKCC**  
Resident \$38 / Non-Resident \$46

Mon	4–4:45pm	Jan 5–Feb 9	43436
Mon	9:40–10:25am	Jan 5–Feb 9	43437
Mon	10:30–11:15am	Jan 5–Feb 9	43438
Mon	11:30am–12:15pm	Jan 5–Feb 9	43439

**Winter 6 weeks • Location: NKCC**  
Resident \$45 / Non-Resident \$54

Mon	4–4:45pm	Feb 23–Mar 30	43440
Mon	9:40–10:25am	Feb 23–Mar 30	43441
Mon	10:30–11:15am	Feb 23–Mar 30	43442
Mon	11:30am–12:15pm	Feb 23–Mar 30	43443

### Little Tumblers 2

#### Ages 4 to 6 years

For children with previous tumbling experience only. Review tumbling skills and advance to the next level with additional work on all apparatus.

*Please dress comfortably in shorts, T-shirts or leotards.  
No clothing with buttons or zippers.*

**Fall 6 weeks • No class 11/24 • Location: NKCC**  
Resident \$45 / Non-Resident \$54

Mon	4:50–5:35pm	Sept 8–Oct 13	43444
Mon	4:50–5:35pm	Oct 27–Dec 8	43445

**Winter 5 weeks • No class 1/19 • Location: NKCC**  
Resident \$38 / Non-Resident \$46

Mon	4:50–5:35pm	Jan 5–Feb 9	43447
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**Winter 6 weeks • Location: NKCC • Res \$45 / Non-Res \$54**

Mon	4:50–5:35pm	Feb 23–Mar 30	43448
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## Rhythmic Gymnastics

Kirkland Park Department teams up with La Luna Rhythmic Gymnastics Academy to bring this beautiful Olympic sport of Rhythmic Gymnastics to the Kirkland community. These introductory classes are offered in a safe, friendly, new studio in your neighborhood. Rhythmic Gymnastics combines the grace and beauty of ballet and creative movement with music. Participants perform athletic tricks with ribbons, balls, hoops, ropes and clubs. Self-esteem, discipline, flexibility, dance and artistry, concentration, eye/hand coordination, and aerobic exercise are some of the benefits of this unique sport. Gymnasts learn the basic positions of ballet and do routines with music.

*Instructor Arzu Karaali has trained athletes for National and International competitions and worked with athletes as a choreographer for the 1996 Olympic Games in Atlanta • She was selected seven times “Best Choreographer of the Year” in Washington and was awarded “Coach of the Year” three times by the USA Gymnastics Federation in Region 2 • Location: La Luna Gym – 11251 120th Ave NE Suite #150 Kirkland, WA 98033 • [www.lalunagym.com](http://www.lalunagym.com)*

### Rhythmic Gymnastics Level 1 Beginners

#### Girls Ages 4 to 5

Introduces students to basic positions of Ballet and Rhythmic Gymnastics apparatus while encouraging confidence, creativity, flexibility of movement and self-expression.

*No experience necessary • Gymnastics leotard required, bare feet or socks OK • Location: LaLuna Gym, 11251 120th Ave NE, Suite 150, Kirkland*

**6 weeks • No class 11/11, 11/29, & 2/14**  
Resident \$60 / Non-Resident \$72

Tue	2–2:45pm	Sept 9–Oct 14	43450
Tue	2–2:45pm	Oct 28–Dec 9	43451
Tue	3–3:45pm	Sept 9–Oct 14	43452
Tue	3–3:45pm	Oct 28–Dec 9	43453
Sat	12–12:45pm	Sept 13–Oct 18	43454
Sat	12–12:45pm	Nov 1–Dec 13	43455
Tue	2–2:45pm	Jan 13–Feb 17	43460
Tue	3–3:45pm	Jan 13–Feb 17	43461
Sat	12–12:45pm	Jan 10–Feb 21	43462

**5 weeks • Resident \$50 / Non-Resident \$60**

Tue	2–2:45pm	Mar 3–Mar 31	43463
Tue	3–3:45pm	Mar 3–Mar 31	43464
Sat	12–12:45pm	Mar 7–Apr 4	43465

### Rhythmic Gymnastics Level 2 Advanced

#### Girls Ages 4 to 5

This Level 2 class has been designed for 4 and 5 year olds with experience. The class reinforces the foundation of ballet and rhythmic gymnastics while introducing advanced techniques. It is important that your child be able to listen and follow directions in order to challenge and prepare for the next level!

*Gymnastics leotard required, bare feet or socks OK • Minimum of one year dance or gymnastics experience required • Location: LaLuna Gym, 11251 120th Ave NE, Suite 150, Kirkland*

**6 weeks • No class 11/29, & 2/14**  
Resident \$60 / Non-Resident \$72

Sat	12–12:45pm	Sept 13–Oct 18	43456
Sat	12–12:45pm	Nov 1–Dec 13	43457
Sat	12–12:45pm	Jan 10–Feb 21	43466

**5 weeks • Resident \$50 / Non-Resident \$60**

Sat	12–12:45pm	Mar 7–Apr 4	43467
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**For Rhythmic Gymnastics  
ages 6–8, see page 29**



## Basketball for 2½ to 6 year olds!

Develop basic motor skills such as dribbling/ball handling, shooting, passing/catching and running/agility that are needed to participate in organized basketball. Practice and games are centered around skill development, participation, and fun! Each player receives a T-shirt, group photo and participation certificate.

*Class meets 6 weeks • No class 11/29 or 2/14 • Shirts will be handed out on photo day.*

### Fall League

*Please note Photo day is October 25th:*

*2½ to 3 years old pictures are at 9:30am*

*4 to 6 year olds pictures are at 10:45am*

*Resident \$65 / Non-Resident \$78 • 6 classes*

#### Age 2½ and 3

43029	Sat	10:am–11am	Oct 25–Dec 6
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#### Age 4, 5 and 6

43030	Sat	11:15am–12:15pm	Oct 25–Dec 6
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### Winter League

*Please note Photo day is January 24th:*

*2½ to 3 years old pictures are at 9:30am*

*4 to 6 year olds pictures are at 10:45am*

*Resident \$65 / Non-Resident \$78 • 6 classes*

#### Age 2½ and 3

43031	Sat	10am–11am	Jan 24–Mar 7
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#### Age 4, 5 and 6

43032	Sat	11:15am–12:15pm	Jan 24–Mar 7
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## Martial Arts

### Mighty Mite Martial Arts

#### Ages 4 to 6 years

Miller's Martial Arts Academy introduces Martial Arts to boys and girls. Learn non-violent conflict resolution, better concentration and listening skills, and build coordination, flexibility and self-control. At this age there will never be contact between participants. The last week of class we will have a graduation ceremony to a Mighty Mite White Belt.

*Location: Miller's Martial Arts Academy,  
8920 122nd Ave NE, Kirkland*

*8 weeks • No class 1/19 & 2/16*

*Resident \$38 / Non-Resident \$46*

Mon	2:30–3pm	Sept 8–Oct 27	43422
Wed	2:45–3:15pm	Sept 10–Oct 29	43423
Sat	10:30–11am	Sept 13–Nov 1	43424
Mon	2:30–3pm	Jan 5–Mar 9	43425
Wed	2:45–3:15pm	Jan 7–Feb 25	43426
Sat	10:30–11am	Jan 10–Feb 28	43427

## Preschool Kids In Motion

**Up and over, under and through, balls and streamers, tunnels and YOU!**

Meet friends, build confidence and have FUN developing their large muscle motor skills. This program progresses with your child... they'll be crawling, climbing, balancing, and bouncing! See page 15 for Parent/Child Kids in Motion classes for younger children.

**Location: NKCC**



### Kids in Motion – On My Own

Perfect for children transitioning to non-parent participation. This ½ hour class is for children only.

#### Ages 28 months to 3 years

*7 weeks • Resident \$32 / Non-Resident \$38*

Thurs	9:15–9:45am	Sept 11–Oct 23	43302
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*6 weeks • No class 11/27 • Resident \$27 / Non-Resident \$32*

Thurs	9:15–9:45am	Nov 6–Dec 18	43303
Thurs	9:15–9:45am	Jan 8–Feb 12	43304
Thurs	9:15–9:45am	Feb 26–Apr 2	43305

### Kids in Motion A & B

**These 45-minute classes are for children only.**

#### Motion A Ages 2½ to 3 years

*7 weeks • Resident \$49 / Non-Resident \$59*

Wed	11–11:45am	Sept 10–Oct 22	43306
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*6 weeks • No class 11/26*

*Resident \$42 / Non-Resident \$50*

Wed	11–11:45am	Nov 5–Dec 17	43307
Wed	11–11:45am	Jan 7–Feb 11	43308
Wed	11–11:45am	Feb 25–Apr 1	43309

#### Motion B Ages 3 to 4 years

*7 weeks • Resident \$49 / Non-Resident \$59*

Thur	11:35am–12:20pm	Sept 11–Oct 23	43310
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*6 weeks • No class 11/27*

*Resident \$42 / Non-Resident \$50*

Thur	11:35am–12:20pm	Nov 6–Dec 18	43311
Thur	11:35am–12:20pm	Jan 8–Feb 12	43312
Thur	11:35am–12:20pm	Feb 26–Apr 2	43313

SPACE IS LIMITED! REGISTRATION CURRENTLY OPEN!

# PEE WEE SOCCER

AGES 3 TO 6 YEARS TWO LOCATIONS TO CHOOSE FROM!

The Pee Wee Soccer League is focused on fun, participation and socialization. Games are played on Saturday mornings.

## Volunteer coaches needed.

Please call  
425.587.3331 for  
more information.



**Resident \$66 • Non-Resident \$79**

\*\* WA Sales Tax Will Be Collected \*\*

**PLEASE NOTE** refunds will not be given if withdrawn after the coaches meeting, Sept. 3rd. The coaches meeting marks the official start of the program.

### LOCATION 1: Emerson High Field, 10903 NE 53rd St

Possible games times: 9am, 10am, 11am, 12pm, 1pm, or 2pm

<b>3 to 4 year olds</b>	Sat	Sept 13 – Oct 25	43142
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<b>5 to 6 year olds</b>	Sat	Sept 13 – Oct 25	43143
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### LOCATION 2: 132nd Square Park, 13159 132nd Ave NE

Possible games times: 9am, 10am, 11am, 12pm, 1pm, or 2pm

<b>3 to 4 year olds</b>	Sat	Sept 13 – Oct 25	43144
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<b>5 to 6 year olds</b>	Sat	Sept 13 – Oct 25	43145
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**SPRING REGISTRATION  
WILL START ON FEB 2, 2015**

## Quick Facts about the Pee Wee Soccer League (PWS):

### Do I have to choose a location?

You are free to choose whichever location is most convenient. All games will be played at that particular location.

### I've signed up for PWS...what do I do now?

You will be contacted by a coach at least one week prior to the first day, September 13th. The coach will provide you with information about game schedule, team name, etc.

### What is the format of the league?

The program meets on Saturday mornings/early afternoons. The program is one hour in duration with the first 20 or 30 minutes of the hour, depending on age division, devoted to practice. The last 30 or 40 minutes are reserved for a friendly, recreational-style soccer game. Game start times will range from 9am to 2pm and start on the hour. For example, week one your game might be at 9am but week two your game might be at 10am. A full season game schedule will be provided on the 1st day.

*"This last spring season was the last season Felix and Hugo will play in the Kirkland Pee Wee Soccer league. It was their 7th season with the league and through it they developed a real love for soccer and I want to THANK YOU for creating such a great program. Felix and Hugo LOVED it and will take a love for soccer with them for the rest of their lives thanks to the seeds planted through Kirkland's Pee Wee Soccer League."*

— Caroline McGrath, soccer parent in a note to NeSha Thomas-Schadt, Sport Coordinator

### I'd like to be a coach. How do I apply? And, what if my team does not have a coach?

Please visit our league website [www.kirklandwa.gov/peeweesoccer](http://www.kirklandwa.gov/peeweesoccer) to download the volunteer application. Prior soccer experience does help but is not necessary. All coaches must pass a background check. Feel free to email [nthomas@kirklandwa.gov](mailto:nthomas@kirklandwa.gov) for more information.

### How are teams formed?

Registration is taken in the order received. Siblings will be placed together. Teams are formed randomly, but we take into consideration gender ratios and ages of the participants.

### Are games played in the rain?

Yes, games will be played as scheduled if the field is in good condition. If the field conditions are poor we will cancel games for the day and reschedule.

### Does the program take player pairing or coach requests?

Requests for team pairings are taken but are not guaranteed. Your child must be registered before you may make a request. We accept one request per child (player or coach pairing). Please note that if you register for the league, it is the parent's responsibility to arrange for travel, supervision, etc. regardless of who is on your child's team.

### What is included with the registration fee?

Each child will receive a t-shirt to wear during the season and a participant medal at the end of the season. Shin guards are not provided but are required. Cleats are optional but recommended.

### If I have additional questions, who do I contact?

Please call 425.587.3336 for additional information or to register.



## WINTER & SPRING BREAK CAMPS FOR YOUTH

### Lego® Pre-Engineering Winter Break Camp

**Ages 5 to 7 years**

Let your imagination run wild with over 100,000 pieces of LEGO®! Build engineer-designed projects such as boats, bridges, mazes, and motorized cars. Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. This makes a great holiday gift!

Location: NKCC • 2 days • Resident \$80 / Non-Resident \$96

Mon & Tue	9am–12pm	Dec 22 & 23	43470
Mon & Tue	9am–12pm	Dec 29 & 30	43471

### Lego® Engineering FUNDamentals Winter Break Camp

**Ages 7 to 11 years**

Power up your engineering skills with Play-Well TEKologies and over 100,000 pieces of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, motorized gondolas, and the Battltrack! Challenging for new and returning students. And, it makes a great holiday gift!

Location: NKCC • 2 days • Resident \$80 / Non-Resident \$96

Mon & Tue	1–4pm	Dec 22 & 23	43472
Mon & Tue	1–4pm	Dec 29 & 30	43473



### Rhythmic Gymnastics & Creative Dance Spring Break Camp

**Girls Ages 5 to 12 years**

La Luna Rhythmic Gymnastics winter & spring breaks are designed for the beginner gymnast. Rhythmic gymnastics with balls, ribbons, clubs, ropes, and hoops will be emphasized along with ballet preparation and creative dance. Two snacks are provided by the Academy. You provide a leotard, lunch and water bottle.

Instructor: La Luna Rhythmic Gymnastics Instructors

Location: La Luna Academy 11251 120th Ave NE., Ste 150 Kirkland, WA 98033 • www.lalunagym.com

Spring 5 days • Resident \$185 / Non-Resident \$238 (Extended care, see below)

Mon–Fri	9am–4pm	Apr 6–10	43474
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For Campers Only - Extended hours (for the week) from 8–9am and 4–6pm, Resident \$35 / Non-Resident \$42

Mon–Fri	8–9am & 4–6pm	Apr 6–10	43475
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Washington State sales tax will be added to camp fees.

### Challenge Island Spring Break Camp **NEW!**

**Ages 5 to 11 years**

Challenge Island is a wacky, whimsical enrichment journey for children onto various islands that provide Challenges in STEM (Science, Technology, Engineering, and Math). Each island has a theme, and at least 8 stops where challenges take place. In small groups of 4–5, wearing their tribal buffs and face paint, children work as a team to discover how to solve the Island's Challenges.

They not only learn science, but team work, social skills, public speaking and scientific process. But, shhh... they don't know this, they just think they are having fun! Principles like kinetic energy and potential energy are cool when you can dig into your treasure bag and find common household materials to design and build your own roller coaster!

Instructor: Challenge Island Staff • Location: NKCC • 1 week Resident \$200 / Non-Resident \$240

Mon–Fri	9am–4pm	Apr 6–10	43620
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## Music

### Move Over Mozart Piano Classes

**Grade K–6; Ages 5 to 12 years**

Learn to play piano familiar tunes on the piano, read music, and, basic music theory. Class recitals are optional. Having a piano at home is not a requirement; instruction on community center piano or keyboard is included in instruction. A one-time \$10 materials fee is payable to instructor and due at first class. Class size is limited to 6 (additional classes may be added based on waiting lists). For more information visit [moveovermozart.net](http://moveovermozart.net).

Location: NKCC

**Fall Classes** No class 11/11, 12/29

Monday 16 weeks • Resident \$159 / Non-Resident \$191

Tuesday & Thursday 10 weeks • Res \$99 / Non-Res \$119

**Grade K–1; Ages 5 to 6 years**

Mon	4:30–5pm	Sept 22–Jan 12	16 classes	43371
Mon	5:30–6pm	Sept 22–Jan 12	16 classes	43372
Tue	4:30–5pm	Sept 16–Nov 25	10 classes	43373
Thur	4:30–5pm	Sept 18–Nov 20	10 classes	43374
Thur	6–6:30pm	Sept 18–Nov 20	10 classes	43375

**Grade 2–6; Ages 7 to 12 years**

Mon	6–6:30pm	Sept 22–Jan 12	16 classes	43388
Thur	5–5:30pm	Sept 18–Nov 20	10 classes	43389

**Winter Classes** No class 2/16, 2/17, 2/19

Monday 9 weeks • Resident \$89 / Non-Resident \$107

Tuesday & Thursday 10 weeks • Res \$99 / Non-Res \$119

**Grade K–1; Ages 5 to 6 years**

Mon	4:30–5pm	Jan 26–Mar 30	9 classes	43382
Mon	5:30–6pm	Jan 26–Mar 30	9 classes	43383
Tue	4:30–5pm	Jan 20–Mar 31	10 classes	43384
Thur	4:30–5pm	Jan 22–Apr 2	10 classes	43385
Thur	6–6:30pm	Jan 22–Apr 2	10 classes	43386

**Grade 2–6; Ages 7 to 12 years**

Mon	6–6:30pm	Jan 26–Mar 30	9 classes	43390
Thur	5–5:30pm	Jan 22–Apr 2	10 classes	43391

For Move Over Mozart classes for ages 3–4 years, see page 20

# Youth & Teens

## Beginning Guitar Turbo Charged!

### 12 years to Adult

This fast-paced course covers all the basics—from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 12 years old at the start of class.

*Student must provide their own instrument*

*Instructor: Scott Lawson • Location: NKCC • 8 weeks  
No class 2/16 • Resident \$98 / Non-Resident \$118*

### Ages 12 to 15 years

Mon	5:15–6:15pm	Sept 15–Nov 3	43476
Mon	5:15–6:15pm	Jan 26–Mar 23	43478

### Ages 16 years to Adult

Mon	6:30–7:30pm	Sept 15–Nov 3	43477
Mon	6:30–7:30pm	Jan 26–Mar 23	43479

## Cooking

### Creating in the Kitchen With Karen

#### Ages 4 to 8 years

Nurture curiosity in this tasty class where your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time!

*Instructor: Karen Renfro-Gielgens • Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off 108th Ave NE)  
8 weeks • No class 1/19 & 2/16 • \$10 supply fee payable to instructor • Resident \$69 / Non-Resident \$83*

Mon	3:50–4:50pm	Sept 8–Oct 27	43327
Mon	3:50–4:50pm	Jan 12–Mar 16	43329

For Creating in the Kitchen with  
Karen ages 3–5, see page 17

### Holiday Creating in the Kitchen with Karen

#### Ages 4 to 8 years

Cook special holiday treats in this 4-week class.

*Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE) • 5 weeks • No class 11/24  
Supply fee of \$6 payable to instructor  
Resident \$45 / Non-Resident \$54*

Mon	3:50–4:50pm	Nov 10–Dec 15	43331
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## Art

### Valentine Workshop

#### Ages 5 to 8 years

Create a one-of-a-kind valentine box with glitter, doilies, paint, stickers, and more to store your beloved valentines. Listen to a heartwarming story, and enjoy a valentine snack.

*Instructor: Miss Pamela • Location: NKCC  
Resident \$17 / Non-Resident \$20*

Sat	12–1:30pm	Feb 7	43340
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### Explorations for Young Artists

#### Ages 6 to 10 years

This class introduces young artists to the adventure of exploring the world of art. Each week a new project explores a new way to play with different mediums including clay, painting, printmaking, found object construction and more. In an atmosphere of play the young artists learn foundational art skills and the creative process. Bring a paint shirt. Beginning and continuing students welcomed. Supplies provided.

*Classes offered in partnership with the Kirkland Arts Center  
Location: PKCC • Instructor: Karin Chickadel • 6 classes  
Resident \$75 / Non-Resident \$90*

Sat	9:30–11am	Sept 20–Oct 25	42927
Sat	9:30–11am	Jan 10–Feb 14	42928
Sat	9:30–11am	Feb 21–Mar 28	42929



## Language

### Spanish for Elementary Youth

#### Ages 6 to 11 years

This Spanish immersion class integrates play, music, movement, and art to engage children and connect the foreign sounds and words to everyday items and activities. Help your children get a head start by learning a foreign language early. Vocabulary is provided so parents can reinforce the language outside of class.

*Instructor: Polly-Glots • Location: NKCC • 10 weeks  
Resident \$168 / Non-Resident \$202*

#### Ages 6 to 8 years

Wed	3–3:45pm	Sept 10–Nov 12	43480
Wed	3–3:45pm	Jan 14–Mar 18	43482

#### Ages 9 to 11 years

Wed	4–4:45pm	Sept 10–Nov 12	43481
Wed	4–4:45pm	Jan 14–Mar 18	43483

## Martial Arts

### Bully Proof Martial Arts Program

#### Ages 7 to 12 years

Teach your kids to stand up for themselves! “I’m giving them the courage and the permission to be loud with someone who’s physically threatening them,” said Korbett Miller of Miller’s Martial Arts Academy as quoted in an anti-bullying article on msnbc.com. He teaches what he preaches by showing students how to set verbal boundaries, what to say, when and how to say it. Class incorporates martial arts to build self esteem and give students alternatives to solving conflict. Students will also earn their White Belt at the end of the program.

*Location: Miller’s Martial Arts Academy,  
8920 122nd Ave NE, Kirkland • Instructor: Korbett Miller  
8 weeks • Resident \$57 / Non-Resident \$68*

Sat	9:45–10:30am	Sept 13–Nov 1	43498
Sat	9:45–10:30am	Jan 10–Feb 28	43499

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### American Red Cross Classes

### Adult and Child First Aid/CPR/AED

**For Ages 14 and up**  
See Page 50

## Life Skills & General Interest

### Self Defense for Children

**Ages 5 to 9 years with parent**

Today's news is filled with stories of child abuse, assaults, and Amber alerts. Keep the magic of childhood safe in this low-key, friendly, and age-appropriate safety skills class for girls and boys ages 5-9. Learn about risks facing your kids, how to frame the discussion with children, and recognizing when someone may be targeting your family. Children will practice the 'five fingers' approach: think, yell, get free, run, and tell.

*Instructor: Joann Factor. Location: NKCC*

*Resident \$37 / Non-Resident \$43*

Sat	12:30-2pm	Sept 27	43484
Sat	12:30-2pm	Jan 10	43485

### Young Ladies & Gentlemen I (Etiquette)

**Ages 6 to 11 years**

Manners are the key to building positive friendships and strong self-confidence. This fun, hands-on workshop explores the value of kindness and respect for others and their practical applications in introductions and handshakes, table manners, personal care, posture, telephone etiquette and more.

*Instructor from Final Touch Finishing School*

*Location: NKCC • Resident \$39 / Non-Resident \$47*

Sat	9am-12pm	Nov 8	43486
Sat	9am-12pm	Mar 7	43487

### Young Ladies & Gentlemen II (Party Manners) **NEW!**

**Ages 6 to 11 years**

This course is a natural follow-up to Young Ladies and Gentlemen I. One of the first social settings that children encounter is being a guest. Learning how to be a gracious guest, guest of honor, or host are skills they will use lifelong. Boys and girls will learn about invitations, being a great guest and host, practice meeting and greeting others, polite conversation, giving and receiving gifts, basic table manners while neatly eating birthday cake, and how to create their own thank you notes.

*It is NOT necessary to have taken Young Ladies and Gentlemen I to enroll in Young Ladies and Gentlemen II. Cake will be served in this class.*

*Instructor from Final Touch Finishing School*

*Location: NKCC • Resident \$39 / Non-Resident \$47*

Sat	1-4pm	Mar 7	43488
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### Starting Point Middle School Success **NEW!**

**Ages 12 to 14 years**

Navigate middle school with confidence and class with the 3 R's—respect, restraint & responsibility! Gain valuable tips on creating and maintaining meaningful friendships, introductions, conversation starters, cell phones, social media, and how to stay organized. Discover the power of maintaining a positive attitude, and how you can create an authentic and appropriate first impression.

*Instructor: from Final Touch Finishing School*

*Location: NKCC • Resident \$54 / Non-Resident \$65*

Sat	1-5pm	Nov 8	43489
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### Super Safe Sitters

**Ages 11 to 15 years**

This program is designed to train young people in basic babysitting and home-alone skills. Students completing this course will be better prepared to provide a safer and more positive infant/child care experience. Taught by a hospital-qualified instructor, this class includes parent expectations, basic first aid, home and fire safety, Heimlich maneuver, telephone tips, toys and activities and infant care. Participants receive a *Babysitting 101* handbook and a certification card upon completion of the class.

*Bring a sack lunch, drink, and afternoon snack*

*Instructor: Cindy Tucker • Location: NKCC*

*Resident \$48 / Non-Resident \$58*

Sat	9am-2pm	Oct 4	43491
Sat	9am-2pm	Feb 28	43493

### Self Defense for Teen Girls Only

**Ages 14 to 19 years**

This three hour course will provide young ladies the education and awareness to avoid and escape potentially dangerous situations. Course will cover dating violence, how assailants target and test potential victims, personal safety and much more. Students will learn physical techniques, strikes and releases to safely remove oneself from dangerous situations. It is a great class to take with a friend.

*Class size limited to 15! • Instructor: Joann Factor*

*Location: NKCC • Resident \$53 / Non-Resident \$64*

Sat	1-4pm	Dec 6	43497
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### Challenge Island After School

**Ages 5 to 11 years**

**NEW!** Challenge Island is a wacky, whimsical enrichment journey for children onto various islands that provide Challenges in STEM (Science, Technology, Engineering, and Math). Each island has a theme, and at least 8 stops where challenges take place. In small groups of 4-5, wearing their tribal buffs and face paint, children work as a team to discover how to solve the Island's Challenges. They not only learn science, but team work, social skills, public speaking and scientific process. But, shhh... they don't know this, they just think they are having fun! Principles like kinetic energy and potential energy are cool when you can dig into your treasure bag and find common household materials to design and build your own roller coaster!

*Instructor: Challenge Island Staff • Location: NKCC • 8 weeks*

*Resident \$120 / Non-Resident \$144*

Wed	2:30-3:30pm	Sept 17-Nov 5	43621
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# Youth & Teens

## Youth Dance



### Hip Hop Girls 1

**Ages 5 to 7 years**

Dance like your favorite pop stars! In this high-energy, age appropriate class, girls will learn fun hip-hop techniques and combinations, danced to their favorite music. Hip Hop is a popular, energetic pop style version of urban street dance. Learn the latest moves to "today's" (clean version) of music. Build self-esteem, enhance your coordination and stay fit!

*Wear loose clothing and tennis shoes please!*

*Location: NKCC • 6 weeks • No class 11/26*

*Resident \$42 / Non-Resident \$50*

Wed	3:30–4:15pm	Sept 10–Oct 15	43513
Wed	3:30–4:15pm	Oct 29–Dec 10	43514
Wed	3:30–4:15pm	Jan 7–Feb 11	43515
Wed	3:30–4:15pm	Feb 25–Apr 1	43516

### Hip Hop Boys 1

**Ages 5 to 7 years**

Boys can benefit from dance and the concentration and strength that dance builds. These classes are designed to encourage athleticism. Boys process new information in a different way than girls and will feel more comfortable and accomplished in an environment that is designed just for them. Learn to express yourself through music and dance, using the dynamic dance style of hip hop, a dance form that focuses on the hip hop culture, music attitude, style and funk just for boys.

*Wear loose clothing and tennis shoes please!*

*Location: NKCC • 6 weeks • No class 11/26*

*Resident \$42 / Non-Resident \$50*

Wed	4:20–5:05pm	Sept 10–Oct 15	43517
Wed	4:20–5:05pm	Oct 29–Dec 10	43518
Wed	4:20–5:05pm	Jan 7–Feb 11	43519
Wed	4:20–5:05pm	Feb 25–Apr 1	43520

### Hip Hop 2

**Ages 8 to 10 years**

Hip Hop is a popular energetic pop style version of urban street dance. In this class you will learn the latest moves to today's music while you build self-esteem, enhance your coordination and stay fit!

*Wear loose clothing and tennis shoes please!*

*Location: NKCC • 6 weeks • No class 11/26*

*Resident \$42 / Non-Resident \$50*

Wed	5:15–6pm	Sept 10–Oct 15	43521
Wed	5:15–6pm	Oct 29–Dec 10	43522
Wed	5:15–6pm	Jan 7–Feb 11	43523
Wed	5:15–6pm	Feb 25–Apr 1	43524

### Keiki Hula

**Ages 5 to 8 and 8 to 10 years**

Students will learn the basic foot and hand motions of the hula with emphasis on posture and timing. They will sing and learn the story of their hula along with a few Hawaiian words that pertain to their dance. Please wear shorts and t-shirts to class.

*Instructor: Jeanne Makanaokalani Porter*

*Location: NKCC • 10 weeks • No class 11/5*

*Resident \$71 / Non-Resident \$85*

**Ages 5 to 8 years**

Wed	5:30–6:15pm	Sept 10–Nov 19	43509
Wed	5:30–6:15pm	Jan 14–Mar 18	43511

**Ages 8 to 10 years**

Wed	4:35–5:20pm	Sept 10–Nov 19	43510
Wed	4:35–5:20pm	Jan 14–Mar 18	43512

## Teen Ballet with Marco Carrabba

**Instructor:** Marco Carrabba, Ballet Master/Choreographer of Carrabba Dance Theatre has a 20 year distinguished professional dance career and over 18 years' experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.

### Ballet – Teen

**Ages 10 to 16 years**

Learn ballet technique, dance vocabulary, practice exercises at the barre, stretching and center floor work. Emphasis is on improving balance, coordination, alignment and strength all taught in a positive and supportive environment. Students will also learn specific steps and creative movement. This fun, invigorating class for boys and girls is a balance of activities and musical awareness. Two ballet classes per week are recommended for continual progress.

*Location: PKCC • Instructor: Marco Carrabba • No class*

*11/26, 12/22, 12/24, 12/29, 12/31, 1/19, 2/16 • 6 classes*

*Resident \$66 / Non-Resident \$79*

Mon	4:15–5:15pm	Sept 8–Oct 13	42952
Wed	4:15–5:15pm	Sept 10–Oct 15	42953
Mon	4:15–5:15pm	Oct 20–Nov 24	42954
Wed	4:15–5:15pm	Oct 22–Dec 3	42955
Mon	4:15–5:15pm	Dec 1–Jan 26	42956
Wed	4:15–5:15pm	Dec 10–Jan 28	42962
Mon	4:15–5:15pm	Feb 2–Mar 16	42957
Wed	4:15–5:15pm	Feb 4–Mar 11	42958

### Ballet for Skaters **NEW!** (All Ages)

Learn the fundamentals of alignment and classical movement for figure skaters. Off-ice training exercises are very beneficial for skaters. Focus on arm and hand positions, upper body technique, building core strength, lengthening, flexibility, jumps and partnering. Ballet training gives the "competitive advantage" for any aspiring figure skater.

*Location: PKCC • Instructor: Marco Carrabba*

*No class 12/22, 12/29, 1/19, 2/16 • 6 classes*

*Resident \$50 / Non-Resident \$60*

Mon	5:20–6:05pm	Sept 8–Oct 13	43004
Mon	5:20–6:05pm	Oct 20–Nov 24	43005
Mon	5:20–6:05pm	Dec 1–Jan 26	43006
Mon	5:20–6:05pm	Feb 2–Mar 16	43007

## Beginning Ballet/Tap Combo

### Ages 5 to 7 years

This class is a progressive transition from Preschool Dance/Tap Combo B. Using two-thirds ballet and one-third tap, this class will build technique and dance vocabulary. Parent watch day is during the last class; bring your camera!

*Ballet and tap shoes required*

*Location: NKCC • 12 weeks • No class 11/27*

*Resident \$86 / Non-Resident \$103*

Thur	5:45–6:30pm	Sept 18–Dec 11	43505
Thur	5:45–6:30pm	Jan 8–Mar 26	43506

## Ballet 1

### Ages 5 to 7 years

This class introduces ballet technique to the older student while challenging the younger experienced student. Ballet vocabulary, alignment, posture, strength, and fluidity will be the focus through barre exercises, floor, and center work. Prerequisite for 5 year olds: Preschool Dance B or equivalent experience. 5 year olds must register by phone at 425.587.3350. Bring your cameras, Parent Watch day is the last day of session.

*Location: NKCC • 12 weeks • No class 11/29*

*Resident \$86 / Non-Resident \$103*

Sat	11:30am–12:15pm	Sept 13–Dec 6	43507
Sat	11:30am–12:15pm	Jan 10–Mar 28	43508



## Ballet Stretch and Tone **NEW!**

This class is designed to transform the body into one of equal balance, strength and flexibility. Classes blend together ballet barre, exercise and conditioning. Target each of your muscle groups and then stretch those muscles in a way that promotes long, lean growth instead of bulk.

*Location: PKCC • 6 classes • No class 11/26, 12/24, 12/31*

*Resident \$50 / Non-Resident \$60*

Wed	5:20–6:05pm	Sept 10–Oct 15	43156
Wed	5:20–6:05pm	Oct 22–Dec 3	43157
Wed	5:20–6:05pm	Dec 10–Jan 28	43158
Wed	5:20–6:05pm	Feb 4–Mar 11	43159

## Rhythmic Gymnastics

Kirkland Park Department teams up with La Luna Rhythmic Gymnastics Academy to bring this beautiful Olympic sport of Rhythmic Gymnastics to the Kirkland community. These introductory classes are offered in a safe, friendly, new studio in your neighborhood. Rhythmic Gymnastics combines the grace and beauty of ballet and creative movement with music. Participants perform athletic tricks with ribbons, balls, hoops, ropes and clubs. Self esteem, discipline, flexibility, dance and artistry, concentration, eye/hand coordination, and aerobic exercise are some of the benefits of this unique sport. Gymnasts learn the basic positions of ballet and do routines with music.

*Instructor Arzu Karaali has trained athletes for National and International competitions and has worked with athletes as a choreographer for the 1996 Olympic Games in Atlanta • She was selected seven times "Best Choreographer of the Year" in Washington and was awarded "Coach of the Year" three times by the USA Gymnastics Federation in Region 2 • Location: La Luna Gym • 11251 120th Ave NE, Suite #150, Kirkland  
www.lalunagym.com*

## Rhythmic Gymnastics Level 1 Beginners

### Girls Ages 6 to 8 years

This class will introduce students to ballet preparations, conditioning, and basic study of Rhythmic Gymnastics apparatus. Learn simple routines using hoop, ball, and rope. Gymnasts in this class could be invited to participate in the Academy's performances and exhibitions.

*Gymnastics leotard required, bare feet or socks OK*

*• Location: La Luna Gym, 11251 120th Ave NE Suite 150, Kirkland • 6 weeks • No class 11/29 & 2/14 • Note classes are 1 ½ hr • Resident \$80 / Non-Resident \$96*

Sat	1–2:30pm	Sept 13–Oct 18	43458
Sat	1–2:30pm	Nov 1–Dec 13	43459
Sat	1–2:30pm	Jan 10–Feb 21	43468
Sat	1–2:30pm	Feb 28–Apr 4	43469

For Rhythmic Gymnastics  
ages 4 to 5, see page 22

# KIRKLAND KIDS TRIATHLON



## AGES 3 TO 12 YEARS

*"I wanted to tell you how much our two grandchildren enjoyed the Children's Triathlon. They came away with such a sense of pride and accomplishment. It was extremely well organized"*

This non-competitive, non-timed event provides an excellent opportunity for youth to experience the sport of triathlon. Athletes participate in 50 yard swim/splash, ½ mile bike, 400 yard run. Registration will close September 11<sup>th</sup>. Day of event registration will be available beginning at 9:30am however participants are encouraged to register prior to the event.

## SEPTEMBER 13, 2014 JUANITA BEACH

Race begins at 11:00am  
Check in begins at 10:00am

\$30.00 Plus Tax  
Registration #42344

Participants will  
receive swim cap,  
T-shirt & ribbon

Thank you to our sponsor!



www.kirklandchildrensdentistry.com

# 2014 2015 YOUTH BASKETBALL LEAGUE

CITY OF KIRKLAND  
BOYS AND GIRLS • GRADES 3-6

This league focuses on basketball skill development, teamwork, and having fun as well as broadens “winning” to include enjoyment of the sport, creating friendships, and the learning of new skills.



**Pee Wee Basketball**  
**for 2½ to 6 year olds!**  
**See page 23**

Questions about the league visit:

**[www.kirklandwa.gov/youthathletics](http://www.kirklandwa.gov/youthathletics) or call 425.587.3360**

## **Volunteer Coaches Needed For Each Team!!**

Please see information below.

### **Youth Basketball League Information**

The season begins the week of December 1. Coaches will contact players by phone at least 1 week prior to the beginning of season. The coach will be providing you with information about your practices time and location.

### **Volunteer Coaches Needed**

Volunteer coaches are needed for each team in the league. Volunteer application will be accepted beginning August 18, 2014 and are available online at [www.kirklandwa.gov/youthathletics](http://www.kirklandwa.gov/youthathletics). No prior basketball experience is necessary. We handle volunteer application on a first come first serve basis; therefore, getting your application turned in ASAP is crucial. All coaches must pass a background check. If no one volunteers to coach your team then KPCS staff will contact individual parents from your team roster to recruit a coach.

### **Mandatory Coaches Meeting**

The coaches' meeting is Saturday, November 22nd from 9:30am to 11am. The meeting is designed to provide valuable information about the league. The meeting will be held at the Peter Kirk Community Center.

### **NYSCA Training**

New Coaches to the league will be registered for an on-line coaches training at [www.nays.org/nyscaonline/](http://www.nays.org/nyscaonline/) and will need to be completed prior to the first day of practice. Returning coaches will need to re-certify at the coaches meeting.

### **How are teams formed?**

The KPCS uses the following procedure to create teams for 3rd, 4th, 5th Grade Girls and Boys.

1. Registration is taken on a first come, first served basis.
2. Children are placed on the roster for the school they attend, their grade which they are registered for and their gender. The first 10 registered form the first team, the next 10 registered form the second team, and so on; If necessary, children from schools in close geographical proximity will be placed together to fulfill roster requirements; due to not enough or too many kids registered from their home school.
3. Children from private schools or home school will be placed on a roster of the public school they would attend in their neighborhood if they did not attend a private school / home school.



## The KPCS uses the following procedure to create teams for 6th Grade Girls and Boys.

1. Registration is taken on a first come, first served basis.
2. 6th grade boys and girls will register for the middle school which they attend and their gender. On the first day of practice, teams will be formed, based on the number of players registered. All registered players will be placed on a team. \*Dependent on registration numbers, it is possible that 5th and 6th grade be combined to form a league, ex. 5th/6th Girls and/or 5th/6th Boys\*
3. Children from private schools or home school will be placed on a roster of the public school they would attend in their neighborhood if they did not attend a private school / home school.

## Requests

Kirkland Parks and Community Services do not take requests for specific teams or coaches.

## Games

Games will begin Saturday, January 10, 2015. KPCS youth basketball games are played on Saturdays, 1/10, 1/17, 1/24, 1/31, 2/7, 2/21, 2/28, and 3/7 between 8am–5pm. March 14 will be a makeup game weekend if games are canceled due to weather. **No games will be played 2/14.** Teams may have double headers and/or BYE weekends. Game schedule will be posted in mid-December at [www.kirklandwa.gov/youthathletics](http://www.kirklandwa.gov/youthathletics)

## Practices

Teams begin practicing the week of December 1st. Teams will practice twice a week. Practice **start times** range from 5:00pm to 8:00pm and may be on any weekday.

## Uniforms

Uniforms are provided by the generosity of Land O' Frost and will be handed out by coaches before the first game.

## Snow/Rain

Please call 425.587.3335 during inclement weather to ensure games are being played.

	BOYS				GIRLS			
SCHOOL	3RD	4TH	5TH	6TH	3RD	4TH	5TH	6th
AG BELL	43033	43046	43059		43076	43089	43102	
FRANKLIN	43034	43047	43060		43077	43090	43103	
SANDBURG	43035	43048	43061		43078	43091	43104	
THOREAU	43036	43049	43062		43079	43092	43105	
KELLER	43037	43050	43063		43080	43093	43106	
MUIR	43038	43051	43064		43081	43094	43107	
JUANITA	43039	43052	43065		43082	43095	43108	
LAKEVIEW	43040	43053	43066		43083	43096	43109	
TWAIN	43041	43054	43067		43084	43097	43110	
PETER KIRK	43042	43055	43068		43085	43098	43111	
FROST	43043	43056	43069		43086	43099	43112	
ROSE HILL	43045	43057	43070		43087	43100	43113	
HOLY FAMILY	43044	43058	43071		43088	43101	43114	
KIRKLAND MIDDLE				43072				43115
KAMIAKIN MIDDLE				43073				43116
FINN HILL MIDDLE				43074				43117
ROSE HILL MIDDLE				43075				43118

## Registration Deadlines: October 26th, 2014

Registration after October 27th will be accepted on a space available basis and is only available by calling 425.587.3360.

**To register visit: [www.kirklandparks.net](http://www.kirklandparks.net) or call 425.587.3336**

**Fee: \$92.00 (No Non-Residency Fee) Plus Tax.**

## Refund Policy

Refund/credits are granted if request is made on or before November 23rd. Withdrawals requested between November 24th and November 30th will result in a credit/refund of 50% of the registration fee, less a \$10.00 administrative fee. No refund/credit will be issued on or after December 1st.

## Note

Basketball leagues for grades K-2 and 7-9 are run through the Kirkland Boys and Girls Club at 425.827.0132.



Sponsored by





## Youth Ice Hockey

### Hockey 1: Learn to Skate

**Ages 4 to 13 years**

The focus and goal of Hockey 1 is to teach beginner ice skaters the fundamentals of ice skating. It's important for these players to become comfortable on the ice, learn the basic hockey stance, stride, knee bend, use of edges and how to hold a stick before moving onto Hockey 2: Learn to Play. Proper skating techniques are the primary focus of the levels. Skaters will learn the necessary ice skating fundamentals to be successful in Hockey 2: Learn to Play.

*Location: SnoKing Ice Arena; 14326 124th Ave NE Kirkland, WA 98034 • Equipment required: (Please note below equipment can be rented) helmets, stick, gloves rental available with registration • Once you have registered for the class, please contact SnoKing at 425.821.7133 one week prior to start of class to arrange for equipment rental pickup • Series Length: 6 week series, one class a week • Please note: Registration closes One week in Advance • Prerequisite: N/A (new skaters welcome) No class 11/29, 12/20, 12/27, 1/17*

#### **Class Fee with No Rental Equipment \$110**

Sat	10:45am–11:45am	Sept 6–Oct 11	43126
Sat	10:45am–11:45am	Oct 18–Nov 22	43127
Sat	10:45am–11:45am	Dec 6–Jan 31	43128
Sat	10:45am–11:45am	Feb 21–Mar 28	43132
Sat	10:40am–11:40pm	Apr 11–May 16	43133

#### **Class Fee with Rental Equipment \$140**

Sat	10:45am–11:45am	Sept 6–Oct 11	43129
Sat	10:45am–11:45am	Oct 18–Nov 22	43130
Sat	10:45am–11:45am	Dec 6–Jan 31	43131
Sat	10:45am–11:45am	Feb 21–Mar 28	43135
Sat	10:40am–11:40pm	Apr 11–May 16	43136

### Hockey 2: Learn to Play

**Ages 4 to 13 years**

Hockey 2 is ideal for boys and girls that have either taken Hockey 1 or have basic skating skills and are ready to move onto a full hockey curriculum.

The program focuses on the fundamental skating and stick-handling skills used in games, in addition to improving each player's balance, agility and control. Practices will include stations that teach a variety of skills including stopping, turning, and skating backwards as well as stick handling, passing, and shooting. A fun and encouraging environment will be maintained with an emphasis on teaching through drills and scrimmages. Players get the opportunity to play in game situations. Players are in FULL hockey gear for this class. Course fee includes jersey, distributed mid-season, and end of the year award.

*Location: Kingsgate Arena; 14326 124th Ave NE Kirkland, WA 98034 • Equipment required: (Please note below equipment can be rented) Full hockey equipment required. • Once you have registered for the class, please contact SnoKing at 425.821.7133 one week prior to start of class to arrange for equipment rental pickup • Series Length: 16 week program, one hour class held on Saturdays in Kirkland • Prerequisite and Requirements: Hockey 1 or basic ice skating skills • Players must be registered with USA Hockey and will be given instructions on how to do so prior to the 1st day of class • Annual membership is \$49 for ages 7 and up • No fee for 6 years and younger • The registration is required for insurance purposes and is active for the whole 2014–2015 season • No class 11/29, 12/20, 12/27, 1/17 • Registration closes one week in advance.*

#### **Class Fee with No Rental Equipment \$195**

Sat	11:50am–12:50pm	Oct 4–Feb 21	43138
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#### **Class Fee with Rental Equipment \$275**

Sat	11:50am–12:50pm	Oct 4–Feb 21	43139
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## Soccer

### UK Elite Feet Soccer Academy

UK Elite offers the best possible professional training for players aged 7–13. Players are divided into groups that match our age-specific curriculum. Older players will learn tactical and functional aspects of soccer while the younger ages will have access to the best possible skill building, fundamental training.

*Location: Juanita Beach Park, 9703 NE Juanita Drive  
Resident \$100 / Non-Resident \$120*

#### **COED: Ages 7 to 9 years**

Sat	10–11:30am	Sept 6–Oct 18	43146
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#### **COED: Ages 10 to 14 years**

Sat	11:30am–1pm	Sept 6–Oct 18	43147
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## Ice Skating

### All Ages & Abilities Welcome!

Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating.

*Students divided by skill and age level • Skates provided and helmets highly recommended • Location: Kingsgate Arena, 14326 124th Ave NE, Kirkland • Classes include 30 min. of instruction and 30 min. of practice skating time • Registration deadline one week prior to start of first class • Arrive ½ hour before class to get skates on • Please wear warm clothes, jacket, gloves*

### Fall Classes

#### **Ages 5 to Adult**

*7 weeks • Resident \$125 / Non-Resident \$150*

Mon	6–7pm	Sept 8–Oct 20	42915
Fri	6–7pm	Sept 12–Oct 24	42919
Mon	6–7pm	Nov 3–Dec 15	42916

*4 weeks • Resident \$75 / Non-Resident \$90 • No class 11/28*

Fri	6–7pm	Nov 7–Dec 5	42920
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#### **Ages 4 to Adult**

*7 weeks • Resident \$125 / Non-Resident \$150*

Tue	10:45–11:45am	Sept 9–Oct 21	42917
Tue	10:45–11:45am	Nov 4–Dec 16	42918

### Winter Classes

#### **Ages 5 to Adult**

*7 weeks • Resident \$130 / Non-Resident \$156*

Mon	6–7pm	Jan 5–Feb 16	42921
Fri	6–7pm	Jan 9–Feb 20	42925
Mon	6–7pm	Mar 2–Apr 13	42922
Fri	6–7pm	Mar 6–Apr 17	42926

#### **Ages 4 to Adult**

*7 weeks • Resident \$130 / Non-Resident \$156*

Tue	10:45–11:45am	Jan 6–Feb 17	42923
Tue	10:45–11:45am	Mar 3–Apr 14	42924

## Mini-Grant Program

The City of Kirkland offers a mini-grant program for teen related programs and services. The purpose of these grants is to provide short-term, limited funding for Kirkland youth and community groups for projects, activities, events, and training. Members of the Kirkland Youth Council review the grants three times every year (around the 15th of October, January, and April). So if you have a school dance, training, or special event coming up and are in need of some \$\$, call 425.587.3323 or contact us via email at [rschubig@kirklandwa.gov](mailto:rschubig@kirklandwa.gov).

## Community Service Opportunities

Are you a teen in need of community service hours? Want to spend your volunteer time doing something you like? There are all sorts of ways to earn these hours and help your local community in the process! The "Where to Care Guide" is a teen specific comprehensive guide to volunteering on the Eastside. Opportunities are listed by area of interest and show all basic information on listed organizations. <http://www.kirklandwa.gov/Assets/Parks/Parks+PDFs/Where+to+Care+Guide.pdf>. You can also request a guide by calling 425.587.3323.

## Teen Traffic Court

Have you or someone you know just been given a traffic ticket by a Kirkland cop? Do you want it taken off your record? The Kirkland Youth Council, in cooperation with Kirkland Municipal Court, runs the monthly Teen Traffic Court (TTC) program. TTC offers teens the opportunity to have moving violations heard in front of a judge and jury of their peers. Teens that have been issued a notice of infraction by jurisdictions served by Kirkland Municipal Court (Clyde Hill, Hunts Point, Yarrow Point, and Kirkland) are eligible for the program. Once the assigned penalty has been completed, the ticket is removed from the person's driving record. To sign up for TTC, eligible students must file a request in person at the Kirkland Municipal Court (11740 NE 118th Street). Teens must complete a registration form and provide student ID at the Court. **For questions, please call the Kirkland Municipal Court, 425.587.3160 or Kirkland Youth Services, 425.587.3323.**

## We've Got Issues Video

Have you seen the Kirkland Youth Council's video program, "We've Got Issues", recently? This is a video program that is hosted, edited, filmed, and produced, by teens for teens. "We've Got Issues" has been airing on our local access channel, KGOV Channel 21 for several years. We recently completed our program on teen suicide that is now airing on TV and available on-line. If you are interested in helping us with one of our topics or have a program idea, please contact us at our email address, [kyc@kirklandwa.gov](mailto:kyc@kirklandwa.gov), or by phone at 425.587.3323.

### GET INVOLVED!

Participate in local city government issues.  
Make a difference while participating in many diverse service projects.

## COME JOIN THE KIRKLAND

# YOUTH COUNCIL



The Kirkland Youth Council is a group of about 40 teens representing all the Middle and High Schools in Kirkland as well as private and homeschooled students. Each member of the Youth Council has the responsibility of representing their school, social and cultural group, the City, as well as the youth of Kirkland to the City Council and other local government groups.

## WE ARE RECRUITING TEENS FROM THE FOLLOWING SCHOOLS:

- > Juanita High
- > Lake Washington High
- > Emerson High
- > International Community School
- > Finn Hill Middle
- > Kamiakin Middle
- > Kirkland Middle
- > Rose Hill Middle
- > Environmental and Adventure School
- > Northstar Middle
- > Homeschooled/Emerson K-12
- > Non-schooled
- > Private School (Kirkland Residents)

## GET YOUR KYC APPLICATIONS IN! DUE FRIDAY SEPTEMBER 26, 2014

Apply on-line at:

[http://www.kirklandwa.gov/depart/parks/Youth\\_Services/Youth\\_Council/Youth\\_Council\\_App.htm](http://www.kirklandwa.gov/depart/parks/Youth_Services/Youth_Council/Youth_Council_App.htm)

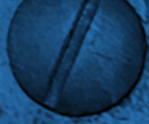
For more information or to request an application form, please contact us at

**425.587.3323 OR  
KYC@KIRKLANDWA.GOV**

2014-2015







the



# KIRKLAND TEEN

**348 Kirkland Ave  
Kirkland, WA 98033  
P 425.822.3088 • ktub.org**

Through the Kirkland Teen Union Building, the Y strives to meet and exceed the social and cultural needs of young people while offering resources that empower them to become active, caring and responsible community members. As a recreation, resource and arts center, this unique facility gives teens a positive, supportive environment to develop their skills, connect with their peers and make a difference locally.

## Fall & Winter Hours

Tuesday & Thursday .....3-8pm  
Wednesday .....1-8pm  
Friday .....3-9pm / 3-11pm for concerts  
Saturday.....4-8pm / 4-11pm for concerts



Register at  
[www.ktub.org](http://www.ktub.org)

## CLASSES

KTUB also offers a regular schedule of classes with special offerings throughout the year. Programs range from yoga to fashion design to gardening. While some of our classes have small joining fees, we always strive to make rates affordable and make scholarships available. Because many of our programs are based on youth voice and input, we are constantly adding new and exciting options. For most up to date information visit our website at [www.ktub.org](http://www.ktub.org) or email [programs@ktub.org](mailto:programs@ktub.org).

## DROP IN

Anyone between the ages of 13 and 18 is welcome at KTUB during our open hours of operation. Play pool or video games, or check your email in the Technology Lab. We have many planned and spur-of-the-moment activities from cooking classes to occasional field trips. Drop-In Activities Include: Art Club, Music Exploration, Open Mic, Career Services, Leadership, Recreation, Video Technology, and more.

## MUSIC AND CAFE

### One Song, One Chance

Back for the THIRD year! This incredible contest will be held in October giving even more talented young musicians the chance to win a band development deal. Winners receive studio time, mentorship, concerts, promotions, marketing tools, merchandise, CD's and more! This truly unique program will produce artists that are ready for the next level of the music industry. For the most up-to-date information on this contest and program, find us on Facebook or go to [KTUB.org](http://KTUB.org).

Friday, October 10th, Saturday, October 11th  
Saturday, October 25th

### Cafe

The KTUB CAFÉ 321 Training Program is a 6 week program that incorporates active training in coffee making and soft skills. This training program is designed to teach teens the skills required to work at a local service establishment. This program provides a chance to improve and learn new skills needed to carry you over to the professional job world. You will be required to complete a demanding checklist of drink recipes and skill sets. Upon completion of the course, participants will receive a professional reference, written recommendation of employment, interview practice, and a Food Handlers card.

Wednesdays 4:00-6:00pm • \$75

### Open Mic

Are you a young singer, songwriter, or poet? Join KTUB for a relaxed night of music, expression, coffee, and community.

Mark your calendar for the 1st Friday of Every Month

### Intro to Live Sound Engineering

Learn the basics of sound engineering and mixing, using a mixing board, audio systems, microphones, and more. Get practical advice on running a successful sound check, managing set changeovers, and building a career in the field of audio engineering. A 4 week class, followed by applying new skills in 2 concerts!

### Music Internships

This full academic year program allows a young team of musicians to learn booking, promotions, music business, sound engineering, event management and more. They take a lead role in the music department developing and working with young artists, adding new and exciting events and genres of music, and walk away with valuable skills as well as resume enhancing leadership and community service hours.

Contact KTUB for an application.



# UNION BUILDING

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## ARTS AND MEDIA

### Silk Screening

It's time to be your own fashion designer and leave the others behind. Turn any computer generated or hand drawn image into a vibrant fashion statement. In a band? Come learn how to create your own merch to sell at shows. We'll walk you through prepping a screen, setting the image and making a design that will last longer than the Rolling Stones.

### Youth Institute

This year-round program utilizes technology as an engagement tool to increase social, academic and workforce skills. Using the most cutting-edge and highest level technology and software participants learn about and create their own digital music, videos, magazines, graphic designs, and edit their photography. During the summer an 8-week structured program allows youth to apply for the chance to complete and earn an academic stipend. During the school year, a more casual structure allows them to seek homework help, work on individual projects, and explore new techniques. Participants in this program emerge with improved confidence, academics, and industry level technology skills.

## RECREATION

### CHILL

Burton's Chill Snowboarding program is a six week program that uses snowboarding to teach life skills and increase self-esteem all while participating in a new and exciting outdoor experience. CHILL is for first time learners and provides everything from transportation, to gear, lift tickets, and coaching at NO COST to the participant! This is one of KTUB's most popular and longest running programs!

### Skate Kings

Visit a different skate park or facility each month. Explore different techniques, learn from guest instructors, hone your individual skills, try new elements, and of course chill with friends. Design T-shirts and logos to promote the positive aspects of the skating community. Transportation and snacks provided. Must provide own skateboard. *Saturdays.*

## LEADERSHIP & SERVICE

### Teen Leadership Board

This Youth Advisory Board is a great way to be involved and enhance your leadership and service qualifications. With representation from the teen leaders in the arts, music, café, and youth for diversity programs at KTUB, we are seeking youth from diverse backgrounds, schools, and interests to lend their voice and energy to creating the teen culture and opportunities they want to see. With leadership seminars and trainings, fields trips, and special events, Teen Feedback is the engine running KTUB and our young vibrant community. Contact [programs@ktub.org](mailto:programs@ktub.org) for your application.

### Youth for Diversity Program (YDP)

YDP is a cross-cultural youth program that allows teens to explore their values and beliefs, gain knowledge about world cultures, and develop skills to incorporate into school, work and life. Through a combination of active dialogue, field trips and intercultural experiences, YDP offers a safe space for teens to explore as well as gain diversity and cultural competency. Teens watch foreign movies, learn about music and dance, experience regional arts and craft, and with the help of our special guests, cook up some International delicacies. As part of a YMCA Global Excellence Branch, members of YDP will be eligible for participation in regional and international trips.



### Teen Service Program

Want to help in the community? Need service hours? Join the YMCA KTUB to serve in both the facility and alongside partners in the community. Whether it is packaging meals to send to hungry children abroad or a park clean-up, we've got something for every interest. We also encourage and support your new service project ideas. Come join us in making a difference.

## RESOURCE

### Fresh For Fall

Start the school year off right feeling prepared and confident. Register for free haircuts, thrift style shopping, make up, raffles, and giveaways. And of course, all you need for school supplies including backpacks, binders, pens, pencils, etc. This is your one-stop shop to be ready for the fall.

*Fresh for Fall: Thursday, August 28, 4:00–8:00pm*

*Backpack Giveaway: Friday, August 29, 4:00–6:00pm*



### Teen Feed

Teen Feed is a FREE meal program offered at KTUB every Friday night at 6:00pm and open to all young people between the ages of 13-22. While the primary goal of this program is to meet a basic need by providing teens with a well-balanced meal, Teen Feed also strives to collaborate with local groups and organizations to build community, create a culture of social responsibility, and to promote healthy living principles.

### Y.E.S. Counseling Services

Life can be stressful! Whether you just need to drop-in and chat or would like to schedule a FREE counseling appointment, help is available. Youth Eastside Services has a counselor at KTUB Tuesday through Thursday from 3:00-7:00pm.





Volunteers welcome!  
Snacks and punch provided.

# Halloween Spooktacular DANCE!

Come in costume for an  
evening of fun, dancing, and  
socializing with your friends!

**Saturday, November 1 • 5:30-8:00pm**

\$5 per person at the door • Caretakers are free

**North Kirkland Community Center**

12421 103rd Ave NE, Kirkland, WA 98034

**Pre-register:** Please preregister by calling or emailing  
with the number attending 2 weeks in advance.

**RSVP or Questions:** [Maureen@friendshipadventures.org](mailto:Maureen@friendshipadventures.org)  
or call 425.444.3132 or 360.668.3840

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### UPCOMING EVENTS:

**Valentines "Sweetheart Dance"**

Saturday, Feb. 14, 2015 5:30-8:00pm, \$5

**Bingo Night**

Saturday, Mar. 7, 2015 6-8:30pm, \$5

Friendship Adventures is an all  
volunteer non-profit organization  
dedicated to enriching the lives  
of people with developmental  
disabilities by social, recreational,  
and educational activities in a  
safe, engaging environment  
building confidence and inter-  
personal skills.

## Join Bellevue Highland Community Center Classes!

Kirkland and Bellevue Parks and Community Services Departments have joined forces to provide quality programming and staffing for persons with disabilities. We are assisting with sponsorships for Highland Center's popular programs. Kirkland residents will have an opportunity to enroll in programs at the same time Bellevue residents do!

Classes are held at the Bellevue Highland Center  
14224 Bel-Red Road, Bellevue.

For programs and registration information call the  
Highland Center, 425.452.7686

**Sign up early – classes fill quickly!**



# Sports & Fitness

experience it!



## VOLLEYBALL



## SOFTBALL



See pages 38 & 39 for **Adult Sports Leagues**  
See page 40 for **Adult Fitness**



## DODGEBALL



# Adult Sports

## Co-ed Dodgeball League

That fun school yard game you use to play as a kid is even more fun as adults! Games are played on **Wednesdays** at Kirkland Middle School. Matches consist of a full hour of play with 6 team members on each side. The league is an "OPEN" division accepting all levels of play. If deemed necessary, an upper and lower division will be formed.

**Team Fee: \$301.13** (includes tax)

<b>FALL</b>	Sept 24–Nov 12	6:45 or 7:55pm	43154
<b>WINTER</b>	Jan 21–Mar 11	6:45 or 7:55pm	43624
<b>SPRING</b>	Apr 15–June 3	6:45 or 7:55pm	43670



**FOLLOW US ON FACEBOOK:**

[www.facebook.com/kirklandsportsleagues](http://www.facebook.com/kirklandsportsleagues)



**VISIT OUR WEBSITE:**

[www.kirklandwa.gov/athletics](http://www.kirklandwa.gov/athletics)



## Adult Volleyball Leagues

The season consists of 7 weeks of regular season play with two weeks of playoffs (one week guaranteed). Games are played at either Emerson High School or Kamiakin Middle School with 7:15pm, 8:20pm or 8:40pm start times (depending on the division).

**Team Fee: \$328.50** (includes tax)



### Women's Upper Division BB Level

The Women's Upper Division is for teams with intermediate to above average skill level, have in depth knowledge of offensive and defensive game play and can use advanced strategies to be successful. Matches on **Monday nights**.

<b>FALL</b>	Sept 15–Nov 3	7:15 or 8:20pm	43148
<b>WINTER</b>	Jan 5–Mar 15	7:15 or 8:20pm	43599
<b>SPRING</b>	Apr 13–June 1	7:15 or 8:20pm	43669

### Women's Lower Division B Level

The Women's Lower Division is for teams with average to intermediate skill level meaning, abilities more advanced than a beginner. Players understand the game and are able to perform some of the necessary skills required to be successful. Matches on **Monday nights**.

<b>FALL</b>	Sept 15–Nov 3	7:15 or 8:20pm	43149
<b>WINTER</b>	Jan 5–Mar 15	7:15 or 8:20pm	43600
<b>SPRING</b>	Apr 13–June 1	7:15 or 8:20pm	43665

### Co-ed Upper Division BB Level

The Co-ed Upper Division is for teams with intermediate to above average skill level, have in depth knowledge of offensive and defensive game play and can use advanced strategies to be successful. Matches on **Tuesday nights**.

<b>FALL</b>	Sept 16–Nov 4	8:20 or 8:40pm	43150
<b>WINTER</b>	Jan 6–Mar 3	8:20 or 8:40pm	43601
<b>SPRING</b>	Apr 14–May 26	8:20 or 8:40pm	43666

### Co-ed Lower Division B Level

The Co-ed Lower Division is for teams with average to intermediate skill level meaning more advanced than a beginner. Players understand the game and are able to perform some of the necessary skills required to be successful. Matches on **Tuesday nights**.

<b>FALL</b>	Sept 16–Nov 4	8:20 or 8:40pm	43151
<b>WINTER</b>	Jan 6–Mar 3	8:20 or 8:40pm	43602
<b>SPRING</b>	Apr 14–May 26	8:20 or 8:40pm	43667

### Co-ed C Division

The Co-ed "C" Division is our least competitive division that's great for beginners who are learning the rules or those still improving their fundamental skills. Matches are on **Wednesday nights**.

<b>FALL</b>	Sept 17–Nov 5	8:20pm	43152
<b>WINTER</b>	Jan 7–Mar 4	8:20pm	43603
<b>SPRING</b>	Apr 15–May 27	8:20pm	43668

### Free Agent Team Co-ed C Division

Are you looking for a team to join? Then you're in luck! We are offering a free agent team for our Co-ed C division of volleyball that will play on **Wednesday nights**. For a flat fee of \$40 plus tax you can join the team as an individual. A minimum of 6 players are needed (minimum of 3 men and 3 women) in order to form the team.

<b>FALL</b>	Sept 17–Nov 5	8:20pm	43153
<b>WINTER</b>	Jan 7–Mar 4	8:20pm	43604
<b>SPRING</b>	Apr 15–May 27	8:20pm	43669

## Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

Location: Redwood Golf Center,  
13029 Redmond-Woodinville Rd NE, Woodinville  
Min 6 / Max 12 • 4 classes

Sr Resident \$89 / Sr Non-Resident \$99

Non-Sr Resident \$97 / Non-Sr Non-Resident \$119

Fri	10–11am	Sept 5–26	42648
Fri	10–11am	Oct 3–24	42649
Fri	10–11am	Nov 7–28	42650
Fri	10–11am	Dec 5–26	42651
Fri	10–11am	Jan 2–23	42652
Fri	10–11am	Feb 6–27	42653
Fri	10–11am	Mar 6–27	42654



## OPEN GYM SUNDAYS

One basketball court and three volleyball courts are available. Individuals or teams welcome.

**5 to 8pm • Sundays**

Location: Kamiakin Middle School  
14111 132nd Ave NE, Kirkland

Fall: Sept 7–Nov 16

Winter: Dec 7–Mar 29

No open gym:

Dec 14, 21, 28 // Jan 18 // Feb 1 & 15

**Cost: \$4.00 per person**

(includes WA State Sales Tax)

Call 425.587.3335 for gym closure info. 18 and older.



## Ice Skating ALL AGES!

Our professional learn-to-skate staff will teach a progression of skills to ensure safety and provide an understanding of the basic fundamentals of ice skating. Whether you are a beginner or would like to enhance your present skill level, we encourage children and adults to join.

Students divided by skill and age level • Skates provided and helmets highly recommended • Location: Kingsgate Arena, 14326 124th Ave NE, Kirkland • Classes include 30 min. of instruction and 30 min. of practice skating time • Registration deadline one week prior to start of first class • Arrive ½ hour before class to get skates on • Wear warm clothes, jacket and gloves

### Fall Classes

#### Ages 5 to Adult

7 weeks • Resident \$125 / Non-Resident \$150

Mon	6–7pm	Sept 8–Oct 20	42915
Fri	6–7pm	Sept 12–Oct 24	42919
Mon	6–7pm	Nov 3–Dec 15	42916

4 weeks • Resident \$75 / Non-Resident \$90 • No class 11/28

Fri	6–7pm	Nov 7–Dec 5	42920
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#### Ages 4 to Adult

7 weeks • Resident \$125 / Non-Resident \$150

Tue	10:45–11:45am	Sept 9–Oct 21	42917
Tue	10:45–11:45am	Nov 4–Dec 16	42918

### Winter Classes

#### Ages 5 to Adult

7 weeks • Resident \$130 / Non-Resident \$156

Mon	6–7pm	Jan 5–Feb 16	42921
Fri	6–7pm	Jan 9–Feb 20	42925
Mon	6–7pm	Mar 2–Apr 13	42922
Fri	6–7pm	Mar 6–Apr 17	42926

#### Ages 4 to Adult

7 weeks • Resident \$130 / Non-Resident \$156

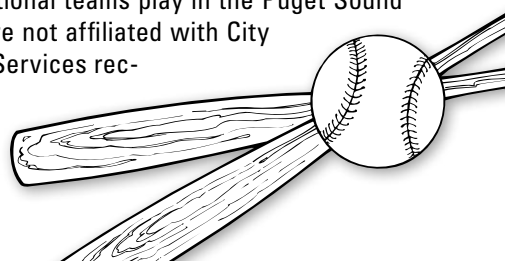
Tue	10:45–11:45am	Jan 6–Feb 17	42923
Tue	10:45–11:45am	Mar 3–Apr 14	42924

## SOFTBALL Recruitment IS IN FULL SWING!

If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2015 season is underway! The two men's teams, "Moss Bay Hawks" and "Kirkland Owls" were a hit in 2014! After a long winter break, team players are now dusting off their bats to begin practice in March 2015. Everyone is gearing up for another fantastic season of league play, May through July. These three recreational teams play in the Puget Sound

Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league.

FOR MORE INFO ABOUT men's teams CALL **RICH MILOVICH**  
**425.827.1109**





# MOVE IT!

**FOR YOUR BODY  
FOR YOUR HEALTH  
FOR YOUR SELF**

Affordable, Flexible, Convenient! Time to MOVE IT with our easy quarterly fitness pass. No more individual class registrations and associated fees! With the purchase of the MOVE IT quarterly pass, take unlimited number and combination of fitness classes that your schedule allows. One registration, ultimate flexibility. Simply present your pass at class. It's easy, it's affordable, so what are you waiting for? MOVE IT!

**North Kirkland Comm. Center**  
**12421 103rd Ave NE**  
**Kirkland • 425.587.3350**



## Body Sculpting

Does your body need toning or shaping? Want to add some curves and definition in all the right spots? This 45-minute class could give you a new look without the chisel. We start with a 10-minute aerobic warm up, then move on to exercise for the upper body, abdominal, glutes, and legs. Exercise to music, and end with feel-good stretches. Weights will be discussed at first class.

## C.D.S.—Cardio, Dance, Sculpt

**NEW!** Put the fun back into your workout! This class uses easy dance-based moves combined with upper and lower body sculpting exercises. For all levels. It will give you an all in one total body workout. You will leave this class feeling happy and fit!

## Circuit Training

Aerobics + Strength Training = Great Results! Use the step, hand weights, rubber tubing, and aerobics in timed intervals to build strength and endurance. Our students report it's their favorite class! Bring hand weights and a mat to class.

## Dance Aerobics

Do you have the urge to go dancing but no interest in nightclubs? Well, this is the class for you! Here is your chance to get fit while learning moves you've always wanted to try, from hip hop to the cha cha. Whether you're a pro athlete or beginner, this class is guaranteed fun and a great cardio workout. So, stop dancing alone in your living room. Come join the party and get your groove on. Let's dance!

## Fit & Flex

Fitness and flexibility go hand in hand. Longer muscles become stronger and less likely to injure. Maximize your workout results and keep your body injury free! Start with specialized strength and core conditioning techniques from Pilates, Yoga, Barre, Physical Therapy and more. Then focus on flexibility, symmetry and balance to optimize your results. A relaxing cool down completes your workout and leaves you refreshed. Please bring weights and a mat to class.

## Long and Lean

There is nothing like the look of long lean muscles. Using a combination of standing BARRE techniques, ball training and weight bearing exercises, your body will get that long lean look while reducing the risk of injury. Focusing on muscle isolation, tension and balance we will create that elegant look of a dancer's physique.

## Low-Impact Aerobics

Start your day out right. This class is designed for people of all ages and fitness levels. Come join the fun fat burning, muscle toning, keep-it-moving class! Please bring a mat and large towel to class for floor work. Good for all ages.

## Power Hour

This is the opportunity to change your workout! Using interval training, you'll move from cardio to weight bearing exercise. Your strength and endurance will be tested with isometric, plyometric, Pilates and yoga stretches. This class will transform the way you look and feel. The routine is always changing, which maximizes fat burning and body sculpting that you'll be seeing in no time! Get pro-active about your workout and break away from your regular routine with the Power Hour!



**STILL MORE AFFORDABLE THAN  
YOUR LOCAL FITNESS CLUB!**

## FALL 2014

All classes on this page included with your  
Move It! Pass: Resident \$114 / Non-Resident \$136  
To register use class #43622

### Strength and Stretch

Strengthen and tone muscles, improve your bone density to help fight osteoporosis and add flexibility to your entire body. All this and it's fun to boot! All ages welcome. Please bring mats and a large towel. Expect to see improvement within a few weeks.

### Total Body Conditioning

A cardio and strength conditioning total body workout that incorporates hand held weights, resistance bands, body weight and more! You'll work up a sweat in this class and finish with a relaxing cool down and stretch.

### Vinyasa Yoga

This is a fun active flow class that will leave you feeling rejuvenated and relaxed. It is a series of postures where you learn to sync movement with your breath. You will increase your flexibility, build strength and improve your balance. All ages and levels welcome, as this style encourages students to work at their own level of fitness.

### Zumba®

Join us on Monday and Thursday evenings and Saturday mornings. Zumba® is a fun, dance and rhythms exercise class using mostly Latin music. Sizzling, toe, tapping, hip swiveling music makes you want to get up and move.

### Zumba® Step **NEW!**

Take lower body workouts and calorie burning to new heights with Zumba® Step, the newest Zumba® dance-exercise class. Tone and strengthen glutes and legs with a gravity-defying blend of Zumba® routines, sizzling Latin music and step aerobics. Enjoy maximum results without losing the easy-to-follow fitness-party!

### MORNING CLASSES

14 weeks // Sept 8–Dec 20 // No class Oct 31, Nov 11, Nov 24-29

DAY	CLASS NAME	TIME	INSTR.
Mon	Total Body Conditioning	9:15–10:15am	Joleen
Tue	Strength & Stretch	8:00–9:00am	Jane
Wed	Strength & Stretch	8:00–9:00am	Jane
Wed	C.D.S. – Cardio, Dance, Sculpt <b>NEW!</b>	9:15–10:15am	Carrie
Thur	Strength & Stretch	8:00–9:00am	Jane
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

### EVENING CLASSES

14 weeks // Sept 8–Dec 20 // No class Oct 24, Nov 10, Nov 24-29

DAY	CLASS NAME	TIME	INSTR.
Mon	Zumba	5:30–6:15pm	Carrie
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Fit & Flex	7:25–8:15pm	Joleen
Tue	Body Sculpting	5:30–6:15pm	Sandra
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Zumba® Step <b>NEW!</b>	5:30–6:15pm	Joleen
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Vinyasa Yoga	7:30–8:30pm	Chris
Thur	Body Sculpting	5:30–6:15pm	Sandi
Thur	Long and Lean	6:20–7:10pm	Laura
Thur	Zumba	7:15–8:15pm	April

Ages 16 through adult /// Passes are available at any time during the quarter at full price /// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising /// Call Recreation Hotline 425.587.3335 if class cancellation is in question.

# ***MOVE IT!***

## ***WINTER 2015***

All classes on this page included with your  
Move It! Pass: Resident \$98 / Non-Resident \$117  
To register use class #43623

### ***MORNING CLASSES***

12 weeks // Jan 5–Mar 28 // No class: Jan 19, Feb 16

DAY	CLASS NAME	TIME	INSTR.
Mon	Total Body Conditioning	9:15–10:15am	Joleen
Tue	Strength & Stretch	8:00–9:00am	Jane
Wed	Strength & Stretch	8:00–9:00am	Jane
Wed	C.D.S. – Cardio, Dance, Sculpt <b>NEW!</b>	9:15–10:15am	Carrie
Thur	Strength & Stretch	8:00–9:00am	Jane
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

### ***EVENING CLASSES***

12 weeks // Jan 5–Mar 28 // No class: Jan 19, Feb 16

DAY	CLASS NAME	TIME	INSTR.
Mon	Zumba	5:30–6:15pm	Carrie
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Fit & Flex	7:25–8:15pm	Joleen
Tue	Body Sculpting	5:30–6:15pm	Sandra
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Zumba® Step <b>NEW!</b>	5:30–6:15pm	Joleen
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Vinyasa Yoga	7:30–8:30pm	Chris
Thur	Body Sculpting	5:30–6:15pm	Sandi
Thur	Long and Lean	6:20–7:10pm	Laura
Thur	Zumba	7:15–8:15pm	April

*Jane's early morning workout classes offer total body workout with strength, stretch, and aerobic exercise. A variety of music, alternative options, enthusiasm, friendship, and the rest of the morning free! //*

— Christi W.



Ages 16 through adult /// Passes are available at any time during the quarter at full price /// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising /// Call Recreation Hotline 425.587.3335 if class cancellation is in question.





**Congrats to our 5K participants!**

## Run for Your Life! **NEW!**

Have you thought of doing a 5k and don't know where to start? Have you tried to train on your own and lacked motivation? Do you walk regularly and are now ready to start adding running to your workout? This 10-week running class starts out slowly and gives you time to work up to running 5k. Classes begin with a warm-up of a brisk walk followed by a run/walk session. Each class will end with a tip session on informative topics such as nutrition, injury prevention, form, stretching and mental preparation.

*Instructor: Melissa Graham (Marathon Maniac!)*

*Location: Heritage Hall, 203 Market Street, Kirkland*

*10 weeks • No class 11/11 • Resident \$99 / Non-Res. \$119*

Tue	7-8am	Sept 9-Nov 18	43527
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## Women's Self Defense @ NKCC

Ever have an encounter that makes the hair on the back of your neck stand up? Learn the 3 most crucial self-defense lessons: recognizing when someone's planning an assault, how to use body language and your voice to interrupt an intended assault, and simple, effective physical skills to disable an attacker. In a single session you'll learn about real risks, assailant tricks, crucial targets, how to create an impact, and releases from the most common grabs. A great class to take with a friend! Bring a light lunch or snack, and a water bottle.

*Instructor: Joann Factor • Location: NKCC*

*Resident \$107 / Non-Resident \$127*

Sat	11am-4pm	Dec 13	43526
Sat	11am-4pm	Jan 17	43626

## Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

*Wear athletic shoes • Location: PKCC*

*Tuesdays 4 classes • Instructor: Joan Wilde • No class 11/11*

*Resident \$35 / Non-Resident \$42*

Tue	10:30-11:30am	Sept 2-23	42932
Tue	10:30-11:30am	Oct 7-28	42933
Tue	10:30-11:30am	Nov 4-Dec 2	42934
Tue	10:30-11:30am	Jan 6-27	42942
Tue	10:30-11:30am	Feb 3-24	42943
Tue	10:30-11:30am	Mar 3-24	42944

*Thursdays 4 classes • No class 11/20, 11/27, 2/19 & 3/26*

*Resident \$35 / Non-Resident \$42*

Thur	10:30-11:30am	Sept 4-25	42935
Thur	10:30-11:30am	Oct 2-23	42936
Thur	10:30-11:30am	Oct 30-Dec 4	42937
Thur	10:30-11:30am	Jan 8-29	42945
Thur	10:30-11:30am	Feb 5-Mar 5	42946
Thur	10:30-11:30am	Mar 12-Apr 9	42947

## Yoga Fun for Everyone

You have heard about the benefits of yoga... here's your chance to begin in a relaxed environment. Join this six week class and increase your flexibility, strength, balance and stamina. Sally Rodich, will teach you to broaden your knowledge of the practice and take yoga seriously while still having fun. End each class with a 10 minute relaxation to soothe your mind and relieve stress. All levels welcome. This class likes to laugh and have fun!

*Location: PKCC*

*Mondays 6 classes • No class 12/29 & 2/16*

*Resident \$60 / Non-Resident \$72*

Mon	5:30-6:30pm	Sept 8-Oct 13	42789
Mon	5:30-6:30pm	Oct 20-Nov 24	42791
Mon	5:30-6:30pm	Dec 1-Jan 12	42792
Mon	5:30-6:30pm	Jan 26-Mar 9	42795
Mon	5:30-6:30pm	Mar 16-Apr 20	42797

*Wednesdays 6 classes • No class 12/24 & 12/31*

*Resident \$75 / Non-Resident \$90*

Wed	5:30-6:45pm	Sept 3-Oct 8	42788
Wed	5:30-6:45pm	Oct 15-Nov 19	42790
Wed	5:30-6:45pm	Dec 3-Jan 21	42793
Wed	5:30-6:45pm	Jan 28-Mar 4	42794
Wed	5:30-6:45pm	Mar 11-Apr 15	42796

**See page 59 for more  
Daytime Yoga classes!**



Partner Dancing. Great fun & exercise... no partner required to join in!

# Dance Like the Stars!

**Location: North Kirkland Community Center**

Adults & Teens, Couples & Singles Welcome! Professional Certified Instructor: Lynn Gross

## West Coast Swing: Level 1

Contemporary, modern, stylish swing - the most music friendly & versatile of all partner dances! Solid foundational patterns and techniques make learning this dance a simple, logical & fun experience.

*No experience needed! • All Ability Levels Welcome!*  
5 weeks • Resident \$54 / Non-Resident \$65

Tue	7:30–8:30pm	Sept 9–Oct 7	43551
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## West Coast Swing: Level 2

Popular pattern variations and enhanced partnering techniques add more fun and boost your swing skills and confidence!

*Prerequisite: Level 1, equivalent experience, or instructor permission • 5 weeks • No class 11/11*  
Resident \$54 / Non-Resident \$65

Tue	7:30–8:30pm	Oct 14–Nov 18	43552
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## West Coast Swing: Level 3

Add styling and personality to your Swing with progressed pattern variations and playful partnering moves!

*Prerequisite: Levels 1 & 2, equiv. experience, or instructor permission • 3 weeks • Resident \$33 / Non-Resident \$39*

Tue	7:30–8:30pm	Nov 25–Dec 9	43553
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## Night Club Two Step: Level 1

Romantic dancing at its finest – a dreamy dance for easy-listening, soft-rock love songs played at parties, night clubs, weddings, on cruise ships, and at many local dances. Easy leading, following and turning techniques included.

*No experience needed! • 5 weeks*  
Resident \$54 / Non-Resident \$65

Tue	8:30–9:30pm	Sept 9–Oct 7	43554
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## Night Club Two Step: Level 2

Continue to develop your romantic side with simple pattern variations and partnering techniques.

*Adults & Teens, Couples & Singles Welcome! • Prerequisite: Level 1, equivalent experience, or instructor permission*  
5 weeks • No class 11/11 • Resident \$54 / Non-Resident \$65

Tue	8:30–9:30pm	Oct 14–Nov 18	43555
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## Night Club Two Step: Level 3

Take romantic dancing up another notch while you float across the dance floor using intriguing new patterns, partnering techniques, and styling variations.

*Prerequisite: Levels 1 & 2, equiv. experience, or instructor permission • 3 weeks • Resident \$33 / Non-Resident \$39*

Tue	8:30–9:30pm	Nov 25–Dec 9	43556
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## Ballroom Favorites: Level 1

Basics and simple variations of the ever-popular and always-in-style classics: Romantic Waltz, Smooth Fox Trot, Lively Jitterbug Swing, and a bit of Sensual Tango.

*No experience needed! • 5 weeks*  
Resident \$54 / Non-Resident \$65

Tue	7:30–8:30pm	Jan 6–Feb 3	43558
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## Ballroom Favorites: Level 2

Gain comfort and confidence with leading and following as you learn new and pleasing pattern variations in Waltz, Fox Trot, Jitterbug Swing and Tango.

*Prerequisite: Level 1, equivalent experience, or instructor permission • 5 weeks • Resident \$54 / Non-Resident \$65*

Tue	7:30–8:30pm	Feb 10–Mar 10	43559
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## Ballroom Favorites: Level 3

Polish your styling and add some flair to your dancing! Learn exciting patterns like Pivots, Parallels, Sways, Dips & more!

*Prerequisite: Levels 1 & 2, equiv. experience or instructor permission • 3 weeks • Resident \$33 / Non-Resident \$39*

Tues	7:30–8:30	Mar 17–31	43560
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## Salsa

### Salsa: Level 1

EZ Latin! This popular Latin dance will boost your energy level. Connect to the Latin beat with easy leading and following techniques and fun—but simple—patterns! Energetic fun for winter evenings!

*No experience needed! • 5 weeks*  
Resident \$54 / Non-Resident \$65

Tue	8:30–9:30pm	Jan 6–Feb 3	43561
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### Salsa: Level 2

Salsa moves become more comfortable and automatic with new patterns and styling variations plus some Latin hip action.

*Prerequisite: Level 1, equivalent experience, or instructor permission • 5 weeks • Resident \$54 / Non-Resident \$65*

Tue	8:30–9:30pm	Feb 10–Mar 10	43562
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### Salsa: Level 3

Make your Salsa sizzle with Double Turns, Spins, and more hip action! The right techniques make it simple!

*Prerequisite: Levels 1 & 2, equiv. experience, or instructor permission • 3 weeks • Resident \$33 / Non-Resident \$39*

Tues	8:30–9:30pm	Mar 17–31	43563
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## Hula

Hula is for everyone, it's a great way to stay in shape and have fun while dancing. Hula works the entire body and also engages the mind. It is a unique blend of balance, motion, and mental concentration. Hula will lift your spirits and give you an energy boost.



### Beginning Hula for Adults

This class will concentrate on the basic foot and hand motions as you experience the Hawaiian culture and Spirit of Aloha. Both ancient (Hula Kahiko) and modern (Hula 'auana) will be taught.

*Wear comfortable clothing (shorts or pants and T-shirts) — NO JEANS PLEASE! • Instructor: Jeanne Makanaokalani Porter • Location: NKCC • 10 weeks • No class 11/5 Resident \$100 / Non-Resident \$120*

Wed	6:30–7:15pm	Sept 10–Nov 19	43528
Wed	6:30–7:15pm	Jan 14–Mar 18	43529

### Intermediate Hula

For those with hula experience and an understanding of the basic steps. This fast-paced class will introduce hula implements such as ipu, 'uli'uli, 'ili'ili, pu'ili. Both Kahiko and 'auana will be taught along with a focus on general technique. Some Hawaiian language taught as it pertains to hula, along with lyrics and the background of every dance learned. Optional public performances.

*Wear a pa'u skirt if you have one, otherwise comfortable clothing — NO JEANS PLEASE! Instructor: Jeanne Makanaokalani Porter • Location: NKCC • 10 weeks No class 11/5 • Resident \$100 / Non-Resident \$120*

Wed	7:15–8:15pm	Sept 10–Nov 19	43530
Wed	7:15–8:15pm	Jan 14–Mar 18	43531

### Advanced Hula

Advanced Hula is for the dancer with a more extensive hula background. The hula basics are reviewed as we continue on to more difficult, involved hulas, both Kahiko (ancient) and 'auana (modern). There's a continuing focus on technique and performance skills. There will be public performances.

*Wear a pa'u skirt — NO JEANS PLEASE! • Instructor: Jeanne Makanaokalani Porter • Location: NKCC • 10 weeks No class 11/5 • Resident \$100 / Non-Resident \$120*

Wed	8:15–9:15pm	Sept 10–Nov 19	43532
Wed	8:15–9:15pm	Jan 14–Mar 18	43533



## Belly Dance

### Shimmy and Sway – Beginning Belly Dance

**Ages 17 to adult**

Begin your transformation! Belly dance isolates and works your abs, hips, tummy, and arms. It increases flexibility, and improves posture as it tightens and tones. In this class we welcome and appreciate all shapes and sizes, so tie a scarf around your hips and get ready to shimmy and sway to the sensual dance of Egyptian Cabaret Belly dance.

*Please bring bottled water and a long scarf to tie around the hips • Instructor: Josette Minaglia 'Athena' Location: NKCC*

**7 weeks • No class 11/11 • Resident \$70 / Non-Resident \$84**

Tue	6:40–7:40pm	Sept 9–Oct 21	43543
Tue	6:40–7:40pm	Jan 6–Feb 17	43545

**6 weeks • Resident \$60 / Non-Resident \$72**

Tue	6:40–7:40pm	Oct 28–Dec 9	43544
Tue	6:40–7:40pm	Feb 24–Mar 31	43546

### Advanced Belly Dance

**Ages 18 to adult**

This class illustrates techniques for solo and troupe performances along with costume designing. A combination of basic and advanced moves will be taught in a choreographed piece of music which will give students the finishing touch and personal style to their dance.

*Please bring bottled water and a long scarf to tie around the hips. • Instructor: Josette Minaglia 'Athena' Location: NKCC*

**7 weeks • No class 11/11 • Resident \$70 / Non-Resident \$84**

Tue	7:45–8:45pm	Sept 9–Oct 21	43547
Tue	7:45–8:45pm	Jan 6–Feb 17	43549

**6 weeks • Resident \$60 / Non-Resident \$72**

Tue	7:45–8:45pm	Oct 28–Dec 9	43548
Tue	7:45–8:45pm	Feb 24–Mar 31	43550



# Adult Dance

CLASS LOCATIONS VARY

## Adult Ballet with Marco Carrabba

Instructor: Marco Carrabba, Ballet Master/Choreographer of Carrabba Dance Theatre has a 20 year distinguished professional dance career and over 18 years' experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.

### Ballet Basics

Have you always wanted to take a ballet class but something got in the way? Now that you have the time, do you feel like you're too old and it's too late! Here's the good news, it's never too late to learn ballet! No reason to be intimidated! This adult basic ballet class offers something for everyone from young adult to seniors and provides a fun way to tone and tighten your body while learning the fundamental techniques in a positive and supportive environment. Ballet develops balance, coordination, strength, stamina, self-confidence and body-centered awareness. This class is for those with little or no dance training but who want to embrace one of the most beautiful and graceful of all dance styles.

Location: PKCC • No class 12/22, 12/29, 1/19, 2/16  
6 classes • Resident \$66 / Non-Resident \$79

Mon	6:15–7:15pm	Sept 8–Oct 13	42963
Mon	6:15–7:15pm	Oct 20–Nov 24	42964
Mon	6:15–7:15pm	Dec 1–Jan 26	42965
Mon	6:15–7:15pm	Feb 2–Mar 16	42966

### Ballet for Skaters (All Ages) **NEW!**

Learn the fundamentals of alignment and classical movement for figure skaters. Office training exercises are very beneficial for skaters. Focus on arm and hand positions, upper body technique, building core strength, lengthening, flexibility, jumps and partnering. Ballet training gives the "competitive advantage" for any aspiring figure skater.

Location: PKCC • Instructor: Marco Carrabba  
No class 12/22, 12/29, 1/19, 2/16 • 6 classes  
Resident \$50 / Non-Resident \$60

Mon	5:20–6:05pm	Sept 8–Oct 13	43004
Mon	5:20–6:05pm	Oct 20–Nov 24	43005
Mon	5:20–6:05pm	Dec 1–Jan 26	43006
Mon	5:20–6:05pm	Feb 2–Mar 16	43007

### Ballet Stretch and Tone **NEW!**

This class is designed to transform the body into one of equal balance, strength and flexibility. Classes blend together ballet barre, exercise and conditioning. Target each of your muscle groups and then stretch those muscles in a way that promotes long, lean growth instead of bulk.

Location: PKCC • 6 classes • No class 11/26, 12/24, 12/31  
Resident \$50 / Non-Resident \$60

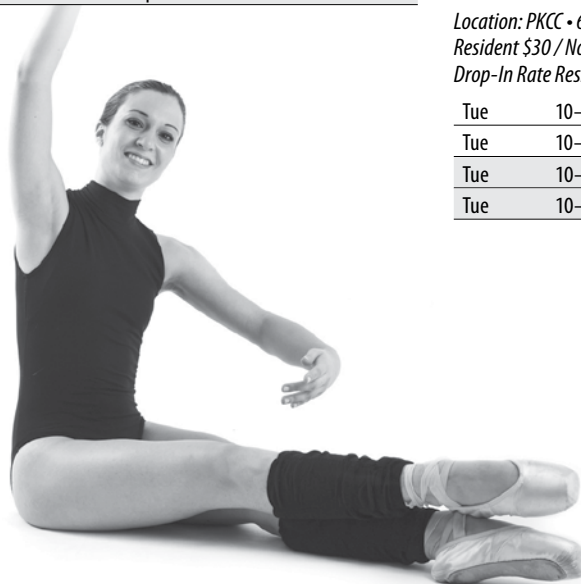
Wed	5:20–6:05pm	Sept 10–Oct 15	43156
Wed	5:20–6:05pm	Oct 22–Dec 3	43157
Wed	5:20–6:05pm	Dec 10–Jan 28	43158
Wed	5:20–6:05pm	Feb 4–Mar 11	43159

### Ballet—Open Level

Take your training to the next level. This class is for those who have had some ballet training and is a good additional class for a Basic or Intermediate level class. Emphasis is on improving technical strength and more movement. Students are encouraged to work at their own ability.

Location: PKCC • No class 11/26, 12/24, 12/31  
6 classes • Resident \$66 / Non-Resident \$79

Wed	6:15–7:15pm	Sept 10–Oct 15	42969
Wed	6:15–7:15pm	Oct 22–Dec 3	42970
Wed	6:15–7:15pm	Dec 10–Jan 28	42971
Wed	6:15–7:15pm	Feb 4–Mar 11	42972



## Folk Dance

### The Mountaineer's International Folk Dancing

Learn line dances, couple dances and mixers from many countries including the waltz, two-step, tango, mambo, schottische and polka. Walk through beginner level dances in the first hour, the second hour is dedicated to requests with walk-throughs for simpler dances. This fun and lively class is open to everyone, no partner or experience needed! This class will not be pro-rated.

Location: PKCC • 4 classes • No class 11/11  
Resident \$25 / Non-Resident \$30  
Drop-In Rate Resident \$8 / Non-Resident \$10

Tue	7:30–9:30pm	Sept 2–23	42660
Tue	7:30–9:30pm	Sept 30–Oct 21	42661
Tue	7:30–9:30pm	Oct 28–Nov 25	42662
Tue	7:30–9:30pm	Dec 2–23	42663
Tue	7:30–9:30pm	Jan 6–27	42664
Tue	7:30–9:30pm	Feb 3–24	42665
Tue	7:30–9:30pm	Mar 3–24	42666

## Line Dance

### Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • 6 classes • No class 9/30, 11/11 & 11/25  
Resident \$30 / Non-Resident \$36  
Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	Sept 9–Oct 21	42656
Tue	10–11am	Oct 28–Dec 16	42657
Tue	10–11am	Jan 6–Feb 10	42658
Tue	10–11am	Feb 17–Mar 24	42659

## Arts & Crafts

### Anyone Can Draw **NEW!**

Draw along with Jean as she demonstrates how to draw a variety of objects. Learn to easily calculate proportions, perspective, establish values, replicate contours and compose a successful drawing. Develop skills in drawing textures, animals, elements in nature using graphite pencils, ink and ink washes. This is an easy to follow class with lots of individual attention, drawing is easier then you thought!

Supply list available at PKCC • Instructor: Jean Pratt Beouy  
Location: PKCC • 6 classes • No class 9/18  
Resident \$98 / Non-Resident \$118

Thur	6–9pm	Sept 4–Oct 16	42714
Thur	6–9pm	Feb 19–Mar 26	42715

### Watercolor Painting

Whether you are a beginner or advanced painter, you will enjoy learning techniques for a successful painting. Jean demonstrates every step and provides individual assistance to all. Working from photo references provided by instructor, you will paint still life, florals, landscapes/seascapes, animals and more.

Supply list available at PKCC • Instructor: Jean Pratt Beouy  
Location: PKCC • 8 classes • No class 12/22, 12/29, 1/19, 2/16  
Resident \$130 / Non-Resident \$156

Mon	6–9pm	Sept 8–Oct 27	42716
Mon	6–9pm	Nov 3–Jan 5	42717
Mon	6–9pm	Jan 12–Mar 16	42718

### Oil Painting the Easy Way

Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels.

Supply list available at PKCC • Instructor: Jean Pratt Beouy  
Location: PKCC • 8 classes • No class 11/11, 12/23, 12/30  
Resident \$130 / Non-Resident \$156

Tue	5:30–8:30pm	Sept 2–Oct 21	42720
Tue	5:30–8:30pm	Oct 28–Jan 6	42721
Tue	5:30–8:30pm	Jan 13–Mar 3	42722
Tue	5:30–8:30pm	Mar 10–Apr 28	42723

### Beginning Watercolor Workshop

This is for students with no experience or those needing instruction in the basic elements of watercolor painting. This class will cover basic washes, brush strokes, composition, color, values and planning to make a successful painting.

Supply list available at PKCC • Location: PKCC  
Instructor: Pat Tuton • Supply fee \$3 • 2 classes  
Resident \$22 / Non-Resident \$26

Fri	9:30am–12pm	Sept 5–12	42829
Fri	9:30am–12pm	Jan 9–16	42830

### Mixed Watercolor Media Painting (Intermediate Level)

More artists these days are combining 2 or more different mediums to achieve interesting and unique effects. Learn how to explore, expand and enjoy these techniques while also focusing on basic painting concepts and see how different media interact.

Come prepared to paint! (No oil painting) • Supply list available at PKCC • Supply fee \$3 • Prerequisite: Beginning Watercolor or Workshop • Location: PKCC • 5 classes  
Instructor: Pat Tuton • Resident \$55 / Non-Resident \$66

Fri	9:30am–12pm	Sept 19–Oct 17	42831
Fri	9:30am–12pm	Jan 23–Feb 20	42832

### Jewelry Making **NEW!**

Jewelry delights the eyes and soul and can be just as fun to make. Join this basic level class to be introduced to beading, invisible spool knitting and basic metalsmithing. Our instructors are career artisans who take joy in teaching technique and the fine art of jewelry making.

Class offered in partnership with the Kirkland Arts Center  
Supply list available [www.kirklandartscenter.org](http://www.kirklandartscenter.org)  
Location: PKCC • 6 classes • No class 11/27  
Resident \$98 / Non-Resident \$118

Thur	6–9pm	Oct 23–Dec 4	42997
Thur	6–9pm	Jan 8–Feb 12	43003

### Beginning/Intermediate Drawing with Pastels

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for beginning and intermediate students. Continuing students should bring a project to work on.

Supply list available at PKCC • Instructor: Louise Arntson  
Location: PKCC

4 classes • Resident \$30 / Non-Resident \$36

Wed	10am–12pm	Sept 3–24	42724
Wed	10am–12pm	Oct 1–22	42725
Wed	10am–12pm	Feb 4–25	42726
Wed	10am–12pm	Mar 4–25	42727

3 classes • Resident \$23 / Non-Resident \$28

Wed	10am–12pm	Nov 5–19	42728
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### Advanced Drawing with Pastels

Create beautiful scenes through the application of good drawing skills, ideas and special techniques of pastel painting. Prerequisite: Drawing with Pastels for Beginners or prior experience.

Supply list available at PKCC • Instructor: Louise Arntson  
Location: PKCC

4 classes • Resident \$30 / Non-Resident \$36

Wed	1–3pm	Sept 3–24	42729
Wed	1–3pm	Oct 1–22	42730
Wed	1–3pm	Feb 4–25	42732
Wed	1–3pm	Mar 4–25	42733

3 classes • Resident \$23 / Non-Resident \$28

Wed	1–3pm	Nov 5–19	42731
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# Adult Special Interest

## Ikebana: The Art of Japanese Flower Arranging

Experience the world of Ikebana and learn how to make simple and elegant arrangements with relatively few floral materials—a real “plus” in today’s economic climate. Students will learn concepts of line, space, mass, color, texture and more while creating basic styles of moribana (shallow vase) and nageire (tall vase) arrangements.

*Taught by Diane Elliott, a certified instructor with the Sogetsu School of Ikebana. Location: PKCC.*

*Fee for floral materials \$32 paid to instructor on first day of class. Please bring flower scissors, a broad, shallow vase and a large kenzan (flower frog) to first class.*

*Location: PKCC Instructor: Diane Elliott*

### Free demonstration

Wed	6:30–7:30pm	Oct 15	42977
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### 4 classes • Resident \$64 / Non-Resident \$72

Wed	6:30–8:30pm	Oct 22–Nov 12	42975
Wed	6:30–8:30pm	Feb 18–Mar 11	42976

For more day time art classes  
see page 57

## Music

### Beginning Guitar Turbo Charged!

#### 12 years to Adult

This fast-paced course covers all the basics—from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 12 years old at the start of class.

*Student must provide their own instrument • Instructor: Scott Lawson • Location: NKCC • 8 weeks • No class 2/16*  
*Resident \$98 / Non-Resident \$118*

#### Ages 12 to 15 yrs

Mon	5:15–6:15pm	Sept 15–Nov 3	43476
Mon	5:15–6:15pm	Jan 26–Mar 23	43478

#### Ages 16 yrs to Adult

Mon	6:30–7:30pm	Sept 15–Nov 3	43477
Mon	6:30–7:30pm	Jan 26–Mar 23	43479

## Photography

### Digital Photography from A to F-Stop

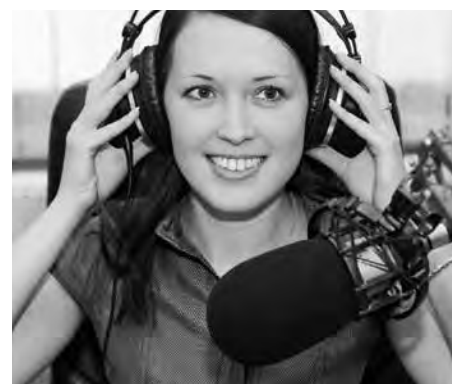
If you are interested in taking better photographs and improving your photo skills with your iPhone, Point and Shoot camera, iPad or a DSLR interchangeable lens camera, you will enjoy this class. You will learn to confidently turn your automatic settings off and use other techniques to capture creative photographs through the use of shutter speed, aperture control, and various mode settings. Bring your digital camera, owner’s manual and several of your digital photographs to class on a SD or CF card, flash drive, CD or DVD. Included in the topics to be covered are:

- Correcting red eye • Optical & digital zooming • Default, mode & resolution settings • When to use ISO, F/Stop, and Shutter Speed settings • Solving the mystery of megapixels—capturing vs. printing • How to meter correctly for proper exposure • Software for optimizing and editing your photographs • Storing, organizing, and displaying your digital photos • Digitizing your older film slides and prints • Traveling with your digital camera • Photo composition and light balance.

*Duke Coonrad, is an award winning photographer & has over 30 years of photography experience. His publications include local and national calendars, magazines, and newspapers including the Seattle PI, Kirkland Reporter, Seattle Times and Mercer Island Reporter.*

*Location: PKCC • Resident \$45 / Non-Resident \$54*

Thur	6:30–9:30pm	Dec 4	42839
Wed	6:30–9:30pm	Mar 25	42840



## Voice-Overs

### Voice-Overs... Now is your time!

YOU’VE HEARD LISA FOSTER ON TV AND RADIO COMMERCIALS! Now hear Lisa LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films, and videos! Most people go about it the wrong way. Lisa will show you a unique, outside the box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer that you’ve been looking for!

*Lisa Foster’s voice can be heard on commercials and narrations for such clients as: Crest Toothpaste, Olay, Café Appassionato, LA Weight Loss, Advanced Laser Clinics and Sleep Train.*

*Location: NKCC • Resident \$37 / Non-Resident \$44*

Tue	6:30–8:30pm	Nov 18	43564
Tue	6:30–8:30pm	Jan 27	43565



## Language

### Introduction to Spanish

¿Habla Español? Learn to speak, read and write Spanish using basic vocabulary in the present tense.

*Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German.*

*This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class • Location: PKCC • 5 classes  
No class 1/19 & 2/16 • Resident \$38 / Non-Resident \$46*

Mon	1:30–3pm	Sept 8–Oct 6	42735
Mon	1:30–3pm	Jan 12–Feb 23	42736
Mon	1:30–3pm	Mar 2–30	42739

### Continuing Spanish

Now that you know the basics, here's the opportunity to expand your vocabulary and increase conversational skills.

*Yolanda Van Diesl is fluent in 6 foreign languages and has been teaching for over 25 years.*

*This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class • Location: PKCC • 5 classes  
Resident \$38 / Non-Resident \$46*

Wed	1:30–3pm	Sept 10–Oct 8	42740
Wed	1:30–3pm	Jan 14–Feb 11	42742
Wed	1:30–3pm	Feb 25–Mar 25	42743

### French for Adults **NEW!**

#### Ages 18 to adult

Guided by a native speaker, become comfortable navigating through basic daily interactions and conversations in French... Get exposed to French culture, basic grammar and vocabulary, and be ready for your next trip to France.

*Instructor: Frederique Battestini of Polly-Glots*

*Location: NKCC • 10 weeks • No class 2/14*

*Resident \$168 / Non-Resident \$202*

Sat	11am–12pm	Sept 13–Nov 15	43566
Sat	11am–12pm	Jan 17–Mar 28	43567



## Computers

### Introduction to iPad

Want to learn how to use your iPad to its fullest potential? Then this class is for you! Learn how to use Siri, email, keyboard shortcuts, and the calendar and clock functions as well as how to take pictures and use a photo app. You will also, learn how to download app, books and magazines.

*Location: PKCC • Instructor: Doris Ford • 2 classes  
\$5 lab fee per class is collected at time of registration  
Participants must provide their own iPad*

*Sr-Resident \$23 / Sr Non-Resident \$28  
Non-Sr Resident \$33 / Non-Sr Non-Resident \$40*

Wed	8:45–10:45am	Sept 10–17	42744
Fri	8:45–10:45am	Oct 17–24	42988
Wed	8:45–10:45am	Jan 21–28	42989
Fri	8:45–10:45am	Feb 6–13	42990

**Windows 8 classes now available!**  
See page 61 for more details.

### One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Enjoy one-on-one tutoring with Doris Ford! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

*Advanced registration required, call 425.587.3360*

*Resident \$30 / Non-Resident \$36*

*\$5 lab fee per class is collected at time of registration*

### Return to Work Series

Build fundamental job-seeking skills in Word, Excel, and PowerPoint to reenter the workforce.

#### Return to Work: Excel

Learn to customize the quick access menu, work with multiple worksheets, apply absolute and relative cell references, understand and perform calculations, use a pivot table and create what if worksheets. Sharpen your math skills by building fundamental job-seeking skills in Excel.

*Location: PKCC • Instructor: Doris Ford • 4 classes  
No class 2/16 • \$5 lab fee per class is collected at time of registration*

*Sr-Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Mon	12:30–2:30pm	Sept 8–29	42745
Mon	10am–12pm	Feb 23–Mar 16	42746

#### Return to Work: Word

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

*Location: PKCC • Instructor: Doris Ford • 4 classes  
No class 2/16 • \$5 lab fee per class is collected at time of registration*

*Sr-Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Mon	10am–12pm	Oct 6–27	42777
Mon	12:30–2:30pm	Feb 23–Mar 16	42778

# Adult Special Interest



## Real Estate

### Home Loan Workshop (Including Refinancing)

Whether you're a First Time Home Buyer, upgrading or looking for an investment or refinancing your existing properties it's important to learn how to structure the best loan. Come get all of your questions answered and learn how to save money on interest rates, hidden fees and high closing costs.

*Instructor: Kim Prater • Location: PKCC*  
*Resident \$10 / Non-Resident \$12*

Mon	7-9pm	Sept 15	42825
Mon	7-9pm	Nov 3	42826
Mon	7-9pm	Feb 2	42827

### Home Sellers Workshop

Learn how to get top dollar for your home. Topics include:

Pricing • Marketing • For sale by Owner (Pros and Cons) • Cost involved: Marketing, Commissions, Taxes, Title, and Escrow etc.

*Instructor: Kim Prater • Location: PKCC*  
*Handouts included • Resident \$10 / Non-Resident \$12*

Mon	7-9pm	Oct 13	42823
Mon	7-9pm	Jan 12	42824

## Special Interest

### Be Thinner, Healthier & Happier by Balancing Your Brain Type

This class will cover lifestyle, diet and exercise tips that help your brain type work better, so your life works better too. Learn specific strategies for balancing mood, improving your focus, losing weight and increasing your energy, all based on your brain type. Know your brain type: Amen Brain typing questionnaire will be provided during class. This class material is based on Dr. Daniel Amen's, "Change your brain, change your body" weight management and health improvement program. This introductory class lets you discover your brain type and gives an overview of Dr. Amen's brain-balancing concepts. The instructor is a therapist and ADD/life skills coach who was a staff therapist, coach and educator for the PNW Amen Clinic for over 5 years.

*Instructor: Cynthia Seager • Location: PKCC*  
*Resident \$17 / Non-Resident \$20*

Mon	6:30-8:30pm	Sept 15	42866
Wed	6:30-8:30pm	Nov 5	42867
Mon	6:30-8:30pm	Mar 23	42868

### Effective Stress Management: Even in Uncertain Times

Are you feeling chronically worried, tense or stressed out? Have life setbacks been wearing you down? No matter what your situation, it IS possible to reclaim greater energy, mental clarity and peace of mind. You'll learn brain & body-based stress busters that really work: tools for derailing stress, anxiety and physical tension. You'll also learn how to replace negative thoughts with more constructive ones that free up your energy and creative resources. Handouts provided

*Instructor: Cynthia Seager • Location: PKCC*  
*Resident \$17 / Non-Resident \$20*

Mon	6:30-8:30pm	Oct 20	42870
Wed	6:30-8:30pm	Jan 7	42872
Mon	6:30-8:30pm	Mar 9	42873

## Master Money Management, Really!

Do you struggle with keeping on top of your bills and account balances? Have trouble building savings? Don't feel financially self-confident? In this class you will learn how to start tracking and organizing your money and paperwork right away, to build the skills and awareness you need to truly be in control of your finances. It's possible to go from money overwhelm to money mastery! The instructor is a certified Financial Recovery Counselor, as well as a therapist and ADHD/Executive Skills coach.

*Instructor: Cynthia Seager • Location: PKCC*  
*Resident \$10 / Non-Resident \$12*

Wed	6:30-8:30pm	Oct 22	42874
Mon	6:30-8:30pm	Dec 1	42875
Mon	6:30-8:30pm	Feb 23	42876



## American Red Cross Classes

### Adult and Child First Aid/ CPR/AED

#### Ages 14 to Adult

The Adult and Child First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

*Text Books and Pocket Masks not included in course fee and must be purchased separately at shopstaywell.com.*

*6 hour course • Location: PKCC • Res. \$75 / Non-Res. \$90*

Sat	Nov 1	9am-3pm	43141
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**DOG TRAINING** Companion Animal Solutions is excited to offer dog training for owners with a busy lifestyle.

## Group Dog Training with Dogs **ALL NEW CLASSES**

**If your dog doesn't do well around other dogs, sign up for private training as an alternative.**

Instructor: Peggy Adams Myers • Location: PKCC  
Resident \$39 / Non-Resident \$47 • **Wednesdays • 7:30–8:30pm**

<b>Walk with Me</b> Does your dog drag you down the street? Learn how to get your dog to focus on you and make walking with your dog enjoyable.	Oct 1	42978
<b>Introduction to Dog Tricks</b> Have fun learning to teach tricks to your dog. We will cover the basic principles for teaching your dog to do any trick—from the most simple to the most complex.	Nov 5	42979
<b>Settle Down!</b> Some of the most common behavior problems can be dealt with by teaching your dog to settle down. Learn how to get your dog to calm down and settle in one spot.	Jan 21	42986
<b>Come When Called</b> Does your dog think twice when they here “Come!”, or even run in the opposite direction? Learn 5 simple rules to make your dog come running when you call.	Feb 25	42987

## Private One-on-One Dog Training **NEW!**

Would you and you dog benefit from a little extra time with a trainer? These one-on-one classes can be custom built to meet your training needs and goals.

Instructor: Peggy Adams Myers • Location: PKCC • Resident \$60 / Non-Resident \$72

Wed	6:30–7:25pm	Oct 1	43012
Wed	6:30–7:25pm	Oct 8	43013
Wed	7:30–8:25pm	Oct 8	43014
Wed	6:30–7:25pm	Nov 5	43015
Wed	6:30–7:25pm	Nov 12	43016
Wed	7:30–8:25pm	Nov 12	43017
Wed	6:30–7:25pm	Jan 21	43018
Wed	6:30–7:25pm	Jan 28	43019
Wed	7:30–8:25pm	Jan 28	43020
Wed	6:30–7:25pm	Feb 25	43021
Wed	6:30–7:25pm	Mar 4	43022
Wed	7:30–8:25pm	Mar 4	43023

## Training Seminars without Dogs **NEW!**

**For hands-on help with your dog after a seminar, sign up also for an hour of private training.**

Instructor: Peggy Adams Myers • Location: PKCC  
Resident \$39 / Non-Resident \$47 • **Wednesdays • 6:30–8:00pm**



<b>Reactive Rover</b> In this seminar, learn why dogs bark and lunge at other dogs, people, etc. when on leash. Learn to tell when your dog is getting ready to react and techniques to help stop trouble before it starts using scientific principles of canine learning.	Sept 24	43024
<b>Understanding Dogs</b> For decades many people have been told to be “Alpha” with their dog because wolves are constantly fighting for position in the pack. But that’s not a wolf in your living room! We’ll discuss what science knows about dogs, and why what you’ve heard about wolves doesn’t apply. We’ll explore how dogs communicate through body language and how to understand what your dog is saying. Stop living in the past and find the key to preventing and solving many behavior issues.	Oct 29	43025
<b>Adolescent Dogs</b> The teenage years can be challenging in dogs, too! Learn what’s happening in your adolescent dog’s development, how that affects behavior, and what to do about it. If you’re interested in adopting a dog, understand why so many dogs in shelters are between 1 and 2 years old, and why adopting an adolescent dog can be great!	Jan 14	43026
<b>How to Raise a Puppy</b> Do you have a new puppy or are you thinking about making that commitment? The first 16 weeks of your puppy’s life is very important! Learn about your puppy’s critical developmental periods for socialization and bite inhibition, how to develop a great relationship with your puppy so they love learning what you want, and how to prevent behavior problems.	Feb 11	43027
<b>Don’t Leave Me</b> Dogs who panic when left alone present a difficult challenge for owners. Separation anxiety is very treatable, but a careful regimen of behavior modification must be followed to ensure success. Learn how to deal with separation anxiety and help your dog learn that being alone isn’t the end of the world.	Mar 18	43028





Get  
Walking  
with the  
Kirkland  
Steppers  
PAGE 54



Great Art  
Classes  
Available!  
PAGE 57



Line Dancing PAGE 60



Several  
Computer  
classes on  
PAGES 61  
and 62

Peter Kirk Community Center

# PKCC **experience it!**

The Peter Kirk Community Center (PKCC) is committed to providing opportunities for people age 50 and over, to create healthy and rewarding lives for themselves and others.

**352 Kirkland Ave, Kirkland 98033 425.587.3360**

To achieve the goal of promoting wellness of body, mind and spirit, the Community Center offers a wide variety of activities and services. On any given day or evening, you will see people participating in fitness classes, Zumba Gold, Aerobics, Yoga, Ballet, a wide range of art and life-long learning classes, fun special events, intergenerational programs, and van trips. The Community Center also provides a wide range of health, legal and financial services, a nutritional hot lunch four days a week and operates the Meals on Wheels Program, delivering to the homebound in Kirkland.

This drop-in facility offers the opportunity for fun, friendship and socialization in a warm and friendly atmosphere. The support and tremendous amount of volunteer hours make it possible for the Community Center to offer a wide variety of activities and services.

At this time the Center does not provide respite, adult day care, and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e., incontinence, inability to use the restroom facilities by one's self, or preventing a participant from leaving the grounds of the Center). In addition, the provision of any personal care by staff for a participant is beyond our capability and cannot be expected. Participants in need of personal assistance are encouraged to participate when accompanied by an escort. Older adults with special needs may be eligible for other community-based programs, such as adult day care (see page 68) or contact EvergreenHealth Community Healthcare Access Team at 425.899.3200 for other options.

## Endorsements

Classes, workshops, services and events offered at the Peter Kirk Community Center are selected for the potential recreational and educational enjoyment of, and benefit to, interested participants. We do not endorse any products or programs that are presented. Individuals are responsible for making their own informed decisions.

## Center Hours

Monday–Friday . . . . . 8am–5pm

Center Closed at 12pm . . . 12/24, 12/31

Center Closed . . . 11/11, 11/27, 12/25,  
1/1, 1/19 & 2/16



**PARKING PERMITS**

If you are at the Peter Kirk Community Center between **8:00am and 3:00pm**, please see a staff member to obtain a parking permit.

Age 50+

# GET MOVING

WITH THE **KIRKLAND STEPPERS!**

The Kirkland Steppers are launching into their 11th year of fun walking opportunities on Tuesdays (June 3–Sept 30) with a plethora of zany, dedicated walker's age 50+. Waste no time lacing up your sneakers for an experience only the Steppers can provide.

Becoming a Super Stepper "Club Card" member is simple at the Peter Kirk Community Center. Program details are outlined in the Club Walk Schedule, available at the front desk.



SPECIAL EVENTS		CLUB Member	NON-Member	Registration Number
Sept 9	<b>North Creek Park</b> Lunch on your own at Mill Creek Town Center	–0–	\$7	41546
Sept 30	<b>"Finish Line" Extravaganza</b> Lunch sponsored by Fairwinds Redmond	–0–	\$7	41547

## The Super Stepper "Club Card" Membership has exclusive benefits:

**For \$10 you can be a Super Stepper "Club Card" member. Club Membership has its Rewards!**

### REGISTRATION #41543

- Exclusive Membership Card
- Super Stepper give-aways
- First priority for registration for all Special Events.
- Special Event Walks (registration required)
- Transportation to Special Event walks (registration required – seats are limited)
- Admittance to the "Finish Line" Extravaganza
- Participation in community merchant discounts
- Reward for the highest number of walks attended

**\* WA State sales tax included \***

### Non-Members:

- Are encouraged and always WELCOME to join the walkers every week.
- There is a \$7 fee per event for all special walks and parties.
- Registration required for all Special Events and opens 2 weeks prior to event.
- Stepper Club T-Shirt available to purchase for \$15.

Thank You Fairwinds Redmond  
& EvergreenHealth  
for Sponsoring Steppers!



## Special Events

**\*All special events include sales tax\***

# WELCOME WAGON

Are you new to the area? Never been to the Peter Kirk Community Center and wonder what we do here? Here is your chance to meet staff and learn about all the events, programs and services we offer; extend your tour by staying for lunch if you would like.

**RSVP at 425.587.3360 • Free**

Monday 11am October 20 42747  
Monday 11am January 12 42748

## Taste of Retirement

Several area housing options will be here with tantalizing treats for your taste buds. Come in and get a taste of what each option has to offer. Sample their chef's creations and have an opportunity to talk to representatives from local area retirement communities.

**Vote for the spookiest booth and best costume. Everyone is welcome! Free**

**Friday, October 31  
11am–1pm**

Special thanks to Choice Advisory for co-sponsoring this fun event!



## TURKEY TREAT

Celebrate Thanksgiving the old fashioned way. Enjoy musical entertainment by Gary Hood followed by a traditional turkey meal with all the trimmings.

Special thanks to Emeritus for providing the delicious Thanksgiving feast.

**Advanced registration  
required by 11/14! Cost \$7**

Thursday 11am November 20 42841

## HOLIDAY D'LIGHTS

Kick off your holiday season with our annual celebration including festive music and a delicious lunch. This is one party you won't want to miss; it's guaranteed to get you in the holiday spirit.

Special thanks to Aegis Lodge in Kirkland and Aegis of Kirkland.

**Advanced registration  
required by 12/5! Cost \$7**

Friday 11am December 12 42750



Join us for the 4th annual Peter Kirk Community Center's Bunco tournament.

**Advanced registration  
required by 3/20! Cost \$6**

Thursday 10am March 26 42751

## 14<sup>TH</sup> ANNUAL HOLLY-DAY BRUNCH

Sit back and relax while members of the Kirkland Youth Council prepare and serve a delicious brunch. Register early, space is limited!

**Advanced registration  
required by 11/26! Free**

Saturday 10am December 6 42749

## "Celebrate Your Birthday" Bash!

Here's a chance to celebrate everyone's birthday with a fun party complete with presents ...white elephant gifts, cake and ice cream! Please bring a wrapped white elephant gift if you would like to participate in the gift exchange.

Special thanks to Madison House for providing the delicious birthday lunch.

**Advanced registration  
required by 2/13! Cost \$7**

Thursday 11am February 19 42842



# YOU CAN POSITIVELY IMPACT LIVES!

## Join the Kirkland Senior Council

Recruitment for new members is underway and is open to adults that live, work or serve the City of Kirkland

### What is the Kirkland Senior Council?

Established by the Kirkland City Council in 2002, the Kirkland Senior Council (KSC) is a group of concerned citizens like you, who are dedicated to ensuring that Kirkland is, and remains a safe, vibrant community for residents age 50+. As an advisory group to the City Council, they advocate, support, shape and create programs and services that meet the needs of adults age 50+ in the community.



### How does the KSC Work?

Senior Council meetings are the 2nd Tuesday of the month from 5:30–7:30pm at the Peter Kirk Community Center, 352 Kirkland Avenue in downtown Kirkland.

### Member terms are three years

Monthly commitment is approximately 6–12 hours. Meetings are 2nd Tuesday of the month, 5:30–7:30pm. For more information call Leslie, 425.587.3322

### How can I join the KSC?

Application Packets are available at:  
Peter Kirk Community Center, 352  
Kirkland Avenue Kirkland WA 98033  
And the City's Web Page:  
[www.kirklandwa.gov/seniorcouncil](http://www.kirklandwa.gov/seniorcouncil)

### Please return applications to:

Parks and Community Services  
Attn: Kirkland Senior Council  
505 Market St, Suite A  
Kirkland, Washington 98033



## Arts & Crafts



### Oil Painting

If you can hold a paintbrush, you can discover how to oil paint. Explore composition, color theory, and various paint application techniques. All abilities welcome.

*Supply list available at PKCC • Instructor: Danielle Barlow • Location: PKCC • 6 classes • No class 2/16*  
*Resident \$46 / Non-Resident \$55*

Mon	9:30–11:30am	Sept 8–Oct 13	42752
Mon	9:30–11:30am	Oct 20–Nov 24	42753
Mon	9:30–11:30am	Dec 1–Jan 5	42754
Mon	9:30–11:30am	Jan 26–Mar 9	42755

### Beginning Watercolor Workshop

This is for students with no experience or those needing instruction in the basic elements of watercolor painting. This class will cover basic washes, brush strokes, composition, color, values and planning to make a successful painting.

*Supply list available at PKCC • Location: PKCC*  
*Instructor: Pat Tuton • Supply fee \$3 • 2 classes*  
*Resident \$22 / Non-Resident \$26*

Fri	9:30am–12pm	Sept 5–12	42829
Fri	9:30am–12pm	Jan 9–16	42830

**Pre-register for all events and classes.**

### Mixed Watercolor Media Painting (Intermediate Level)

More artists these days are combining 2 or more different mediums to achieve interesting and unique effects. Learn how to explore, expand and enjoy these techniques while also focusing on basic painting concepts and see how different media interact.

*Come prepared to paint! (No oil painting)*  
*Supply list available at PKCC • Prerequisite: Beginning Watercolor or Workshop • Location: PKCC*  
*Instructor: Pat Tuton • 5 classes • Supply fee \$3*  
*Resident \$55 / Non-Resident \$66*

Fri	9:30am–12pm	Sept 19–Oct 17	42831
Fri	9:30am–12pm	Jan 23–Feb 20	42832

### Beginning/Intermediate Drawing with Pastels

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for beginning and intermediate students. Continuing students should bring a project to work on.

*Supply list available at PKCC*  
*Instructor: Louise Arntson • Location: PKCC*

**4 classes • Resident \$30 / Non-Resident \$36**

Wed	10am–12pm	Sept 3–24	42724
Wed	10am–12pm	Oct 1–22	42725
Wed	10am–12pm	Feb 4–25	42726
Wed	10am–12pm	Mar 4–25	42727

**3 classes • Resident \$23 / Non-Resident \$28**

Wed	10am–12pm	Nov 5–19	42728
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### Advanced Drawing with Pastels

Create beautiful scenes through the application of good drawing skills, ideas and special techniques of pastel painting.

*Prerequisite: Drawing with Pastels for Beginners or prior experience • Supply list available at PKCC*  
*Instructor: Louise Arntson • Location: PKCC*

**4 classes • Resident \$30 / Non-Resident \$36**

Wed	1–3pm	Sept 3–24	42729
Wed	1–3pm	Oct 1–22	42730
Wed	1–3pm	Feb 4–25	42732
Wed	1–3pm	Mar 3–25	42733

**3 classes • Resident \$23 / Non-Resident \$28**

Wed	1–3pm	Nov 5–19	42731
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### Open Art Studio

Come paint or draw with other artists. The Peter Kirk Community Center Art Room is available for drop-ins on Tuesday afternoons.

*Check-in at the front desk. For more information call 425.587.3360. Will not meet 11/11*

*Per visit fee: Resident \$3 / Non-Resident \$4*

Tue	1–3pm	Ongoing
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### Needle Craft Group

Have fun, socialize and work on your hand work.

*Free*

Wed	10am–12pm	Ongoing
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## Stage and Screen



### Movie and Popcorn

Join the Peter Kirk Community Center Advisory Board for a movie and popcorn. The Advisory Board has chosen some favorites and new releases to share with you. Everyone is Welcome! Free!

Dallas Buyers Club *	Mon	1pm	Sept 15
Enough Said	Mon	1pm	Oct 20
The Grand Budapest Hotel*	Mon	1pm	Nov 17
Million Dollar Arm	Mon	1pm	Dec 15
Belle	Mon	1pm	Jan 12
Jersey Boys*	Mon	1pm	Feb 9
The Hundred-Foot Journey	Mon	1pm	Mar 16

\* Rated R

### Video / DVD Movie Checkout

Our movie checkout library has grown. If you have DVD's to donate, please drop them off at the front desk. Movies are available to check out, free of charge, to view either at the Center or at home.

### Armchair Adventures: Slide Shows

*Mondays at 10:30am. Free! Everyone is welcome!*

Sept 1	CENTER CLOSED	
Sept 8	Historic Pennsylvania	Bill Birdsall
Sept 15	Alaska	Len Steiner
Sept 22	Black Wolves	Ben Shimbo
Sept 29	Beacon Hill to Beacon Hill	Ron Nece
Oct 6	Spain	Bill Birdsall
Oct 13	More Spain & France	Bill Birdsall
Oct 20	American Wildlife	Ben Shimbo
Oct 27	Seattle to St. Louis	Ron Nece
Nov 3	Scandinavia	James Monahan
Nov 10	St. Louis to Atlanta	Ron Nece
Nov 17	Philly & Valley Forge	Len Steiner
Nov 24	Big Sur	Ben Shimbo
Dec 1	Arkansas & Branson Christmas	Bill Birdsall
Dec 8	Redwood Forrest	Ben Shimbo
Dec 15	Singapore	Len Steiner
Dec 22	Southern Arizona	Bill Birdsall
Dec 29	Rhino	Ben Shimbo
Jan 5	Peru & Bolivia	Bill Birdsall
Jan 12	Lions	Ben Shimbo
Jan 19	CENTER CLOSED	
Jan 26	Columbia River to LA	Ron Nece
Feb 2	Vietnam	James Monahan
Feb 9	Italy	Jim Hoff
Feb 16	CENTER CLOSED	
Feb 23	Marquesas Islands	James Monahan
Mar 2	Western Caribbean Cruise	Bill Birdsall
Mar 9	Malaysia	Len Steiner
Mar 16	Portland Maine to the Keys	Ron Nece
Mar 23	Building in Texas	Ron Steiner
Mar 30	Burma	James Monahan

## Language

### Introduction to Spanish

¿Habla Español? Learn to speak, read and write Spanish using basic vocabulary in the present tense.

*Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German.*

*This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class • Location: PKCC  
5 classes • No class 1/19 & 2/16  
Resident \$38 / Non-Resident \$46*

Mon	1:30–3pm	Sept 8–Oct 6	42735
Mon	1:30–3pm	Jan 12–Feb 23	42736
Mon	1:30–3pm	Mar 2–30	42739

### Continuing Spanish

Now that you know the basics, here's the opportunity to expand your vocabulary and increase conversational skills.

*Yolanda Van Diesl is fluent in 6 foreign languages and has been teaching for over 25 years.*

*This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class • Location: PKCC  
5 classes • Resident \$38 / Non-Resident \$46*

Wed	1:30–3pm	Sept 10–Oct 8	42740
Wed	1:30–3pm	Jan 14–Feb 11	42742
Wed	1:30–3pm	Feb 25–Mar 25	42743

## Literary Arts

### Mystery Book Club

Participants will select a-book-of-the-month and then meet to share their reading experiences. Join us and bring along your favorite mystery. Everyone welcome!

*Group meets the 1st Wednesday of each month, 1–2pm*

## Fitness & Exercise

### Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

*Wear athletic shoes • Location: PKCC  
Instructor: Joan Wilde*

**Tuesdays 4 classes • No class 11/11**  
**Resident \$35 / Non-Resident \$42**

Tue	10:30–11:30am	Sept 2–23	42932
Tue	10:30–11:30am	Oct 7–28	42933
Tue	10:30–11:30am	Nov 4–Dec 2	42934
Tue	10:30–11:30am	Jan 6–27	42942
Tue	10:30–11:30am	Feb 3–24	42943
Tue	10:30–11:30am	Mar 3–24	42944

**Thursdays 4 classes • No class 11/20, 11/27, 2/19 & 3/26 • Resident \$35 / Non-Resident \$42**

Thur	10:30–11:30am	Sept 4–25	42935
Thur	10:30–11:30am	Oct 2–23	42936
Thur	10:30–11:30am	Oct 30–Dec 4	42937
Thur	10:30–11:30am	Jan 8–29	42945
Thur	10:30–11:30am	Feb 5–Mar 5	42946
Thur	10:30–11:30am	Mar 12–Apr 9	42947

### Yoga for Beginners

With close to 20 years' experience teaching Yoga, Sally teaches the basics of Yoga. She will introduce postures, breathing and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness and the ability to relax and release stress. Learn tricks and exercises you can do at home to improve your balance. Chairs are used in class to help with stability. You will leave class with a great stretch and a smile on your face, this class loves to laugh!

*Bring mat or rug • Location: PKCC  
Instructor: Sally Rodich*

**Mondays 4 classes • No class 1/19 & 2/16**  
**Resident \$40 / Non-Resident \$48**

Mon	9–10am	Sept 8–29	42800
Mon	9–10am	Oct 6–27	42801
Mon	9–10am	Nov 3–24	42802
Mon	9–10am	Dec 1–22	42803
Mon	9–10am	Jan 5–Feb 2	42811
Mon	9–10am	Feb 9–Mar 9	42812
Mon	9–10am	Mar 16–Apr 6	42813

### Wednesdays 4 classes

**Resident \$40 / Non-Resident \$48**

Wed	10–11am	Sept 3–24	42804
Wed	10–11am	Oct 1–22	42805
Wed	10–11am	Oct 29–Nov 19	42806
Wed	10–11am	Nov 26–Dec 17	42810
Wed	10–11am	Jan 7–28	42815
Wed	10–11am	Feb 4–25	42816
Wed	10–11am	Mar 4–25	42817

**Thursdays 4 classes • No class 11/20, 11/27, 2/19 & 3/26 • Resident \$40 / Non-Resident \$48**

Thur	9:15–10:15am	Sept 4–25	42807
Thur	9:15–10:15am	Oct 2–23	42808
Thur	9:15–10:15am	Nov 6–Dec 11	42809
Thur	9:15–10:15am	Jan 8–29	42818
Thur	9:15–10:15am	Feb 5–Mar 5	42819
Thur	9:15–10:15am	Mar 12–Apr 9	42820



### Strength & Tone Aerobics

Join Charlene for this fun and friendly class that incorporates non-jumping, low impact aerobics with weights and mat work. All fitness levels are welcome, work at your pace to move and feel better.

*Bring mat or rug • Location: PKCC*

*Instructor: Charlene Watson • 15 classes*

*No class 9/30, 11/11, 11/20, 11/27, 12/25, 1/1, 2/19*

*Resident \$47 / Non-Resident \$56*

Tue/Thur	9–10am	Sept 2–Oct 30	42756
Tue/Thur	9–10am	Nov 4–Jan 8	42757
Tue/Thur	9–10am	Jan 13–Mar 5	42758
Tue/Thur	9–10am	Mar 10–Apr 30	42759

### Enhance Fitness

This unique, comprehensive program developed by the U of W and Group Health Studies is safe for adults age 50+ with a wide range of physical abilities. Program includes stretching, low-impact aerobics, walking, balance training, strength exercises and motivation.

*Instructor: Gina Casanova*

*No class 9/1, 10/31, 11/28, 12/12, 12/24, 12/31, 1/19, 2/16 • Resident \$47 / Non-Resident \$56*

*Lifetime is a covered benefit for persons covered by Medicare Parts A and B and enrolled in a Group Health Medicare + Choice (M+C) plan • Class meets 3 times a week: Mon, Wed and Fri • 15 classes per session • Registration begins 1 week prior to the first class of the session • Call 425.587.3360 for session dates and times.*





## Dance

### Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join in this fun and friendly class.

*No partner needed • This class will not be pro-rated  
Location: PKCC • 6 classes • No class 9/30, 11/11 & 11/25  
Resident \$30 / Non-Resident \$36  
Drop-In Rate Resident \$7 / Non-Resident \$8*

Tue	10–11am	Sept 9–Oct 21	42656
Tue	10–11am	Oct 28–Dec 16	42657
Tue	10–11am	Jan 6–Feb 10	42658
Tue	10–11am	Feb 17–Mar 24	42659

## Sports

### Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

*Location: Redwood Golf Center, 13029 Redmond-Woodinville Rd NE, Woodinville • Min 6 / Max 12  
4 classes • Sr Resident \$89 / Sr Non-Resident \$99  
Non-Sr Resident \$97 / Non-Sr Non-Resident \$119*

Fri	10–11am	Sept 5–26	42648
Fri	10–11am	Oct 3–24	42649
Fri	10–11am	Nov 7–28	42650
Fri	10–11am	Dec 5–26	42651
Fri	10–11am	Jan 2–23	42652
Fri	10–11am	Feb 6–27	42653
Fri	10–11am	Mar 6–27	42654



## PICKLEBALL COURTS AT EVEREST PARK

**NEW!**

500 8th Street South

With the addition of pickleball lines on the tennis court at Everest Park you will now be able to practice this fun, quirky, Northwest born game. Pickles, the dog who inspired the name of this sport, loved this game (or at least the ball), which is a combination of tennis, badminton, and ping pong. This easy to learn, affordable game is a sport enjoyed by all ages from children to seniors.

**So get up off the couch, dust off your sneakers and give pickleball a try, we guarantee you'll be hooked!**

## Games

### Ping Pong (Table Tennis)

Open to players of all abilities.

*Sign up at front desk or call 425.587.3360*

### Checkers, Chess, Scrabble, Backgammon and Cribbage

Enjoy any one of these games that are available, ask for the playing pieces at the front desk.

### Drop in Pinochle

Pinochle is open to players of all abilities. Make new friends and find compatible partners.

*Join the fun on Tuesdays at 12:45pm*

### Drop in Party Bridge

Party Bridge is open to players of all abilities. Make new friends and find compatible partners.

*All are welcome to join Thursdays at 11am*

### Cards

Come use our card rooms for a friendly game; available days and some evenings. Call 425.587.3360 for more information

### Pool

Three tables are available for drop-in pool.

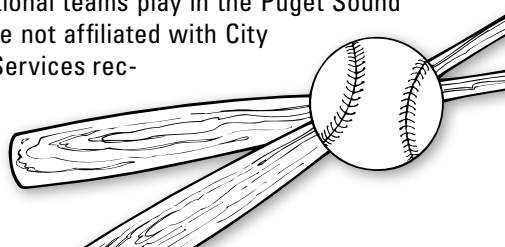
*All are welcome to join the fun in our Pool Room*

## SOFTBALL Recruitment IS IN FULL SWING!

If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2015 season is underway! The two men's teams, "Moss Bay Hawks" and "Kirkland Owls" were a hit in 2014! After a long winter break, team players are now dusting off their bats to begin practice in March 2015. Everyone is gearing up for another fantastic season of league play, May through July. These three recreational teams play in the Puget Sound

Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league.

FOR MORE INFO ABOUT men's teams CALL **RICH MIDLIOVICH**  
**425.827.1109**





## Computer Classes

- \$5 lab fee per class is collected at time of registration
- If taking a Mac or iPad class participant must provide their own laptop or iPad, Mac computers are not available at PKCC.

## MAC CLASSES

### Introduction to iPad

Want to learn how to use your iPad to its fullest potential? Then this class is for you! Learn how to use Siri, email, keyboard shortcuts, and the calendar and clock functions as well as how to take pictures and use a photo app. You will also, learn how to download app, books and magazines.

*Location: PKCC • Instructor: Doris Ford • 2 classes*  
*\$5 lab fee per class is collected at time of registration*  
*Participants must provide their own iPad*

*Sr-Resident \$23 / Sr Non-Resident \$28*  
*Non-Sr Resident \$33 / Non-Sr Non-Resident \$40*

Wed	8:45–10:45am	Sept 10–17	42744
Fri	8:45–10:45am	Oct 17–24	42988
Wed	8:45–10:45am	Jan 21–28	42989
Fri	8:45–10:45am	Feb 6–13	42990

### Organize Files on Finder Mac NEW!

Learn the structure of Finder files and folders, how to create, delete, and arrange folders and files, save, and rename them. Use alias files, sort, and search for files.

*Location: PKCC • Instructor: Doris Ford*  
*\$5 lab fee per class is collected at time of registration*  
*Participants must provide their own Mac*

*Sr-Resident \$17 / Sr Non-Resident \$20*  
*Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Wed	8:45–10:45am	Jan 14	43119
Wed	8:45–10:45am	Mar 4	43120

## PC CLASSES

### Computer Basics

#### Introduction to Computers

For beginners with little or no computer experience. This class covers fundamentals of hardware and software, terminology, operations, keyboard and mouse skills. Learn the difference between word processing, spreadsheet and database software.

*Location: PKCC • Instructor: Doris Ford • 4 classes*  
*No class 5/26 • \$5 lab fee per class is collected at time of registration • No class 1/19*

*Sr-Resident \$46 / Sr Non-Resident \$55*  
*Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Mon	12:30–2:30pm	Oct 6–27	42760
Mon	12:30–2:30pm	Jan 12–Feb 15	42762



## Microsoft Windows

### Introduction to Computers: Windows 8

This beginner class covers fundamentals of hardware and software terminology operations for Windows 8. Learn how to navigate backward and forward with swipes and/or the keyboard or mouse. Learn the difference between word processing and a spreadsheet.

*Location: PKCC • Instructor: Doris Ford • 4 classes*  
*\$5 lab fee per class is collected at time of registration*  
*Participants must provide their own laptop with Windows 8 • No class 1/19*

*Sr-Resident \$46 / Sr Non-Resident \$55*  
*Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Mon	10am–12pm	Sept 8–29	42763
Mon	10am–12pm	Jan 12–Feb 9	42766

## Overview of Windows 8 NEW!

How to launch and customize the colorful tiles, find your favorite apps, move apps, and download new apps. Open the traditional window. Learn about the charms, sticky notes, display your desktop background and personalize the start screen by changing the background color and pattern.

*Location: PKCC • Instructor: Doris Ford*  
*\$5 lab fee per class is collected at time of registration*  
*Participants must provide their own iPad*

*Sr-Resident \$17 / Sr Non-Resident \$20*  
*Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Wed	10am–12pm	Jan 14	42767
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## Internet & E-Mail

### Facebook Overview

Facebook is ranked as the most used Internet social network. Learn how to set your profile, control who can see your information, find friends, add a friend, block out someone, translate into another language, and write on a friend's wall.

*Location: PKCC • Instructor: Doris Ford*  
*\$5 lab fee per class is collected at time of registration*

*Sr Resident \$17 / Sr Non-Resident \$20*  
*Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Wed	8:45–10:45am	Sept 24	42768
Fri	8:45–10:45am	Jan 16	42769

### Up in the Clouds

What is a Cloud? In this class learn how online backup works, how much space you really need, advantages of a Cloud, which Cloud should you choose as well as security, reliability and privacy of a Cloud. You will have the chance to view the top 10 Clouds.

*Location: PKCC • Instructor: Doris Ford*  
*\$5 lab fee per class is collected at time of registration*

*Sr Resident \$17 / Sr Non-Resident \$20*  
*Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Fri	8:45–10:45am	Sept 26	42770
Wed	8:45–10:45am	Feb 18	42772

# Age 50+

## Information on the Internet

Search for information on the Internet using search engines, view your home town newspapers, and magazines. Learn how to download Internet files, buy items over the Internet, and use anti-virus programs and firewalls.

*Location: PKCC • Instructor: Doris Ford*  
*\$5 lab fee per class is collected at time of registration*

*Sr Resident \$17 / Sr Non-Resident \$20*  
*Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Fri	8:45–10:45am	Jan 30	42773
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## Google/Picasa

Google's free download of Picasa instantly finds and edits all pictures. Basic fixes of crop, remove red eye, fix contrast and color, and enhances photos easily and fast. Quickly sorts all pictures by dates, or file names. Picasa prints wallet size, 4x6, 5x7, or full page photos. Discover all of Picasa's advanced editing made simple.

*Location: PKCC • Instructor: Doris Ford*  
*\$5 lab fee per class is collected at time of registration*

*Sr Resident \$17 / Sr Non-Resident \$20*  
*Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Fri	8:45–10:45am	Sept 19	42775
Fri	8:45–10:45am	Feb 27	42776



## Scanning, Editing & Creating

### Organize Your Computer

Learn the structure of folder and files, how to create and arrange folders and files so you can easily retrieve saved material, how to organize, save, and rename them and how to search for lost files and retrieve or delete files from the Recycle Bin.

*Location: PKCC • Instructor: Doris Ford*  
*\$5 lab fee per class is collected at time of registration*

*Sr-Resident \$17 / Sr Non-Resident \$20*  
*Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Fri	8:45–10:45am	Oct 10	42779
Wed	8:45–10:45am	Feb 25	42780

### Getting to Know Your Digital Camera

In this class, work with your own equipment to determine which settings provide the most satisfactory results. Transfer your pictures to the computer, edit and print them.

*Prerequisite: Ownership or access to a digital camera with 3.2 or more mega pixels • Bring your camera, extra batteries and your camera/computer connection to class*

*Location: PKCC • Instructor: Doris Ford*  
*\$5 lab fee per class is collected at time of registration*

*Sr-Resident \$17 / Sr Non-Resident \$20*  
*Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Fri	8:45–10:45pm	Oct 3	42781
Wed	8:45–10:45am	Feb 4	42782

### Word Mail Merge **NEW!**

Learn how to create return mailing labels, change text color and add clip art to the labels, or generate mailing labels using a list of names and addresses. Practice using Word's mail merge wizard to merge a data source, such as a customer list and a main document, in easy steps. Add fields in a form letter to add personalized text.

*Location: PKCC • Instructor: Doris Ford*  
*\$5 lab fee per class is collected at time of registration*

*Sr-Resident \$17 / Sr Non-Resident \$20*  
*Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Wed	8:45–10:5am	Oct 1	42783
Fri	8:45–10:45am	Jan 23	42784

### One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Enjoy one-on-one tutoring with Doris Ford! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

*Resident \$35 / Non-Resident \$42 • \$5 lab fee per class is collected at time of registration • Advanced registration required, call 425.587.3360*

## Return to Work Series

Build fundamental job-seeking skills in Word, Excel, and PowerPoint to reenter the workforce.

### Return to Work: Excel

Learn to customize the quick access menu, work with multiple worksheets, apply absolute and relative cell references, understand and perform calculations, use a pivot table and create what if worksheets. Sharpen your math skills by building fundamental job-seeking skills in Excel.

*Location: PKCC • Instructor: Doris Ford • 4 classes  
No class 2/16 • \$5 lab fee per class is collected at time of registration*

*Sr-Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Mon	12:30–2:30pm	Sept 8–29	42745
Mon	10am–12pm	Feb 23–Mar 16	42746

### Return to Work: Word

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

*Location: PKCC • Instructor: Doris Ford • 4 classes  
No class 2/16 • \$5 lab fee per class is collected at time of registration*

*Sr-Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78*

Mon	10am–12pm	Oct 6–27	42777
Mon	12:30–2:30pm	Feb 23–Mar 16	42778

## Financial

**Advanced registration required:  
425.587.3360**

### Coffee, Cash and Conversation

Discuss current events, the economy and investing in a relaxed and informal setting. This is a great way to get your questions answered. Everyone is welcome and the coffee is on us! Presented by Cory Shepard, Financial Advisor with Edward Jones. Advance registration is required, call 425.587.3360.

*Free*

Fri	10:30–11:30am	Sept 5	42991
Fri	10:30–11:30am	Oct 3	42992
Fri	10:30–11:30am	Nov 7	42993
Fri	10:30–11:30am	Jan 2	42994
Fri	10:30–11:30am	Feb 6	42995
Fri	10:30–11:30am	Mar 6	42996

## Financial & Legal Class Policy

The Peter Kirk Community Center offers a variety of financial and legal classes but does not endorse any speaker. Presenters have been asked not to call or solicit any students and to give information only. Our class lists are never given to anyone. We suggest you listen to a variety of presenters before making any financial or legal decisions. This is an educational opportunity only. No marketing is allowed. Report any violations to Betsy Maxwell, Recreation Coordinator. Advance registration is required for all programs.

*Call 425.587.3360.*

## Financial Services

### Income Tax Assistance

Volunteer Tax Advisors will help you prepare your 2014 tax return.

*Appointments are available Fridays from 9am–1pm, Feb 7–April 11 • No fee • Appointments required, call 425.587.3360*

### Attorney General's Consumer Protection Web Page

Contact the Washington State Attorney General's office regarding privacy protection, online complaint forms, and getting off phone solicitor and junk mail lists.

*www.atg.wa.gov*

### Clearpoint Financial Services

*(Formerly Solutions Consumer Credit Counseling)*

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit.

*Call 800.750.2227 or go to  
www.clearpointfinancialsolutions.org*

### Property Tax Benefits Program

To receive a property tax exemption, a taxpayer must be age 61+, own and occupy their residence and have an annual income that does not exceed \$35,000.

*To see if you qualify, call 206.296.3920*

### Social Security

Open 7am–7pm weekdays

*Call 1.800.772.1213 or go to www.ssa.gov.*



## Legal Services

### Senior Rights

A volunteer program that provides free information, referral and support on health insurance, legal and consumer issues. They also sponsor the Elderlaw legal clinic with the Washington Bar Association.

For more information call 206.448.5720 or go to [www.seniorservices.org/financiallegalprograms/seniorrightsassistance.aspx](http://www.seniorservices.org/financiallegalprograms/seniorrightsassistance.aspx)



### Eastside Legal Assistance Program

ELAP provides lawyers to answer your legal questions Fridays, 2-4pm.

No fee • Appointments required  
To qualify, call 425.747.7274

### Wills Project

Are you worried about being kept on life support against your will? Should your loved ones have to go to court to take care of you? A volunteer attorney through the Eastside Legal Assistance Program (ELAP), a non-profit legal service program, will prepare simple wills, durable power of attorney for health care decisions and living wills. Clients must meet eligibility guidelines.

No fee • Call 425.747.7274

## Wedding? Party? Reunion? Meeting?

# GOT AN EVENT?

## WE'VE GOT SPACE.

The Peter Kirk Community Center and North Kirkland Community Center can meet these needs and more. Both centers feature hardwood floors, full kitchens and usage of tables and chairs. For information and availability please give us a call!



### Peter Kirk Comm. Center

(located at Peter Kirk Park)

425.587.3360

### North Kirkland Comm. Center

(located at North Kirkland Park)

425.587.3350

## EnhanceWellness Program

### Evergreen EnhanceWellness

Do you want to take control of your life and improve your health, but aren't sure where to turn? Let the EnhanceWellness team help you develop a personalized plan to address the areas of your health that are most important to you.

Maybe you have thought of increasing your social circle, working on your feelings, losing weight or starting an exercise program, but have had difficulty getting motivated. We all have a multitude of reasons for not taking action on things that could enhance our well-being, but research shows that with a little help we can overcome these barriers. EnhanceWellness is a participant-driven, evidence based health promotion program. You will work one-on-one with a nurse and/or social worker who will provide an assessment, personal guidance to improve your identified health issues, and ongoing support to help you meet your goals.

Program is free of charge • Tuesdays by appointment  
Call Patti Quaale RN-BC, 206.268.6740

### Evergreen EnhanceWellness Social Work Consultation

For those needing assistance from a social worker for any concerns or problems, such as health, depression, grief, loss, life transitions, help finding housing or transportation, etc.

Free • Call Jody Dearborn, LMHCA, GMHS,  
425.286.1047

# EvergreenHealth

## Support Groups

### Men's Coffee and Conversation

Join other men in discussion around healthy aging. Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness.

1st & 3rd Monday 9:30-10:30am  
in the Sunroom • Coordinated by SW

### Women's Coffee and Conversation

Join other women in discussion around healthy aging. Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness.

2nd & 4th Monday 9:30-10:30am  
in the Sunroom • Coordinated by SW



### Family Caregiver Support Group

Are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability? Come join other unpaid family caregivers for mutual support and assistance.

2nd Mondays, 1:30pm-3:00pm  
Contact facilitator Jody Dearborn, LMHCA, GMHS,  
Peter Kirk Social Worker 425.286.1047  
jodyd@seniorservices.org

### Family Caregiver Consultation

Family caregivers provide a wide range of unpaid services to their loved ones. You may care for a loved one at home or provide long distance support. The Social Worker is available to you, the caregiver, to manage and improve your own health. Services include consultation, connecting with community resources, coping with stress, and enhancing your own health and wellness. Please call for an individual appointment.

Free • Contact Jody Dearborn, LMHCA, GMHS,  
Peter Kirk Social Worker 425.286.1047  
jodyd@seniorservices.org

## PEARLS Counseling

- > Depression affects up to 20% of older adults.
- > Depression affects your health and quality of life.
- > Depression is not a normal part of aging.

PEARLS is an evidenced-based depression management program for mild depression or dysthymia (chronic depression). The program combines problem solving treatment, social and physical activity, and pleasant activity scheduling to manage symptoms of depression.

All this is done with a trained PEARLS counselor.

In the past two weeks,

- > Have you had little interest or pleasure in doing things?
- > Have you been feeling down, sad, or hopeless?

If you answered yes to one of the above questions, then PEARLS may be a program for you.

Contact Jody Dearborn,  
LMHCA, GMHS, Peter Kirk  
Social Worker at 425.286.1047 or  
jodyd@seniorservices.org

## Thank you EvergreenHealth

for your generous support of our Health & Nutrition Classes,  
Wellness Program, and Kirkland Steppers!

## Health & Nutrition

### Self-Compassion **NEW!**

Do you treat yourself as well as you treat your friends and family? Self-compassion is not being selfish; it is learning and practicing ways to take care of you. Research has shown that individuals who have more self-compassion are happier, more optimistic, less anxious and less depressed. In this session you will learn new tools and strategies for promoting good self-care.

*Facilitated by Janet Zielasko, MS, LSW and Jody Dearborn, LMHCA, GMHS • Free*

Mon	1–2:30pm	Sept 15	42878
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### Living Well with Diabetes

This Diabetes Self-Management program is a 6-week workshop developed and tested by Stanford University. Your participation will help you gain skills to better manage glucose monitoring, medications, symptoms, fatigue and pain. Learn to handle difficult emotions, improve communication with family, friends and your medical team. Benefit from the support of others who understand what you're going through.

*Limited to 16 participants • 6 classes • No class 11/11  
Facilitated by Patti Quaale RN-BC • Free*

Tue	1–3:30pm	Oct 14–Nov 25	42786
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### “Chicken Soup” for the Brain **NEW!**

The brain is a marvelous organ, but, like all organs, it needs to stay in shape, so to speak. This workshop will explore different approaches for memory enhancement. During the 4-session workshop, you will learn theories about memory, how to differentiate between memory loss that is part of normal aging versus possible onset of dementia, “exercises” for the left brain and the right brain, strategies for improving recall and general memory.

*Facilitated by Glen Felias-Christensen, RN, MPH  
4 classes • Free*

Mon	10:30am–12pm	Oct 20–Nov 10	42881
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### Making Sense of In-Home Health Care **NEW!**

Do you want to age in place but find in home health services hard to understand? This workshop will explore using an agency vs. hiring privately, the role of the nurse and the social worker, and how to plan your environment for aging at home. You will also learn what Medicare pays for and what needs to “come out of pocket”, what it means to run out of resources and either qualify or not qualify for Medicaid, and what care can look like in the community. Being at home doesn't mean being alone!

*Facilitated by Susan “Sam” Miller, RN, MN, BC, CareForce, Inc • Free*

Mon	1–2:30pm	Jan 26	42882
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### Taking Charge of your Future: Senior Housing & Care Options

What is the difference between independent Living, Assisted Living, Adult Family Homes and In Home Care? Did you know that as a veteran or widow of a veteran you can receive up to \$1,700/month toward your care? Get the answer to these and any other questions about senior care including downsizing, elder care attorneys, realtors that specialize in elder care and more. All attendees will receive a CHOICE resource guide.

*Presented by Jennifer Bergstrom, CHOICE Advisory Services Inc.*

Mon	1–2:30pm	Feb 2	42843
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### Matter of Balance

If you have fallen or are afraid you may do so, this class is for you! This 8-week program will change your thinking and will allow you to practice easy exercises to increase flexibility, strength and safety.

*Limited to 16 participants • 8 classes  
Facilitated by Patti Quaale RN-BC • Free*

Tue	1–3pm	Feb 3–Mar 24	42787
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### Have Fun with Lettuce **NEW!**

Salads can have a place at any meal, from appetizer to dessert. Learn the various ways to incorporate lettuce into your daily diet and the benefits it brings.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Sept 12
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### Cold, Flu or Pneumonia?

Learn to recognize the symptoms of colds, the flu and pneumonia; includes when to treat yourself and when to consult a physician.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Sept 19
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### Medicare Are You Covered

Learn more about supplemental insurance options and the various programs that can help income-eligible persons reduce Medicare related costs. Get the facts about your Medicare choices, so you can save money on health care coverage.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Oct 3
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### Healthy Digestion

Good digestion is key to being able to absorb proper nutrients from our food. The digestive track is also a huge component in helping our immune system to fight off offending pathogens and invaders. Learn the key points to being able to restore digestive function.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Oct 17
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### Cholesterol/Diabetic Screen

Screening will include fasting full panel cholesterol test and glucose. Results will be given before you go home! Limit 25 participants, must register for time slot.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	8:30–10:30am	Nov 7
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### Holiday Cooking: Quick & Delicious

This class will include recipes and tips to make delicious and nutritious holiday meals. Have fun while learning how the typical diet affects health.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Nov 21
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### How Do I Know If I Am Being Overmedicated? **NEW!**

Drugs often behave differently in seniors. Learn how to identify signs of overmedication as well as understand the reasons how overmedication can occur.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Dec 5
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### Meditation for Holiday Stress

Meditation can be a powerful tool for relaxation and reducing stress. Learn and practice basic meditation, visualization and relaxation techniques to help calm you during the holidays.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Dec 19
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### Five Wishes: Advanced Care Directives **NEW!**

Five Wishes gives people control over their medical care, as well as peace-of-mind that comes from expressing their own wishes and knowing those of their loved ones. Learn how to use this easy-to-use legal document that lets adults of all ages plan how they want to be cared for in case they become seriously ill.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Jan 9
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### Acupuncture for Pain Relief

Acupuncture has been shown to be beneficial for treating chronic pain symptoms in some individuals. Find out which conditions respond well to acupuncture.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Jan 23
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### The Heart of Diabetes **NEW!**

Diabetics are two to four times more likely to have heart disease or suffer from a stroke. We will cover innovations in management, symptom-based treatments and heart disease.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Feb 6
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### Child Safety for Grandparents

**NEW!** Refresh yourself on important precautions to take to child-proof your home, and essential information and documentation needed in case of a medical emergency.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Feb 20
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### Asthma Caused by Allergies

In some people allergies can trigger an asthma attack. Learn what in the environment may be causing this and how to reduce exposure.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Mar 6
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### Where's the Fiber

Fiber can help lower your cholesterol, lose weight and reduce cardiovascular risk. Learn easy ways to incorporate fiber into your diet.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Mar 20
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# Age 50+

## Health Services

### Oral Health Care

Affordable teeth and denture cleaning for adults age 50 + provided by Healthy Smiles Inc on the first Tuesday of the month. Dental hygiene services include cleaning, oral cancer screening and fluoride treatment for \$77. Denture cleaning also available for \$10. This is a special program approved by the WA State Legislature. Patients must complete preliminary paperwork and be 50 years or older.

*For appointments and more information, call 425.587.3360*

### Foot Care

Foot care service is provided by a nurse on Wednesdays. Fee \$25.

*For appointments, call 425.587.3368 between 9am and 3pm on Wednesdays*

### Meals on Wheels Program

Nutritional frozen meals are available for the homebound. Liquid supplements available.

*For info call 425.587.3360*

### Lunch Nutrition Program

Nutritious meals served at 12pm, Mon, Tues., Wed and Friday. Check-in is first come, first served starting at 11am.

*Lunch is \$3 donation for persons 60+ • All others \$6*

### Statewide Health Insurance Benefits Advisor (SHIBA)

Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the third Monday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance.

*Appointments required, call 425.587.3360*

### Widowed Information & Consultation Services

WICS offers group support to men and women who are coping with the death of a spouse/partner.

*Call 206.241.5650 or go to [www.kcwics.org](http://www.kcwics.org)*

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## Community Resources

### Senior Information & Assistance

Information and referral on a wide variety of senior related issues.

*Call 206.448.3110 or go to [www.seniorservices.org](http://www.seniorservices.org)*

### Bridge Ministries for Disability Concerns

Services for persons with disabilities. Free used durable medical equipment, guardianship services and consultation.

*Call 425.885.1006 or go to [www.bridgemin.org](http://www.bridgemin.org)*

### Evergreen Care Network

Helps older adults remain independent.

*Call 425.899.3200 or go to [www.evergreenhospital.org/for\\_patients/medical\\_services/evergreen\\_care\\_network](http://www.evergreenhospital.org/for_patients/medical_services/evergreen_care_network)*

### Overlake Senior Care Connections

Services, resources and information for seniors.

*Call 425.688.5800 or go to [www.overlakehospital.org/services/senior-care](http://www.overlakehospital.org/services/senior-care)*

### AARP Area Office

American Association of Retired Persons.

*Call 1.866.663.3291 or go to [www.aarp.org/states/wa](http://www.aarp.org/states/wa)*

### Benefits Check Online

[www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org) is the first of its kind, web-based service designed to help seniors and their families and caregivers find the right benefits programs to meet their needs. A fast, free and confidential screening tool to determine eligibility for nearly 1,000 unique state and federal programs. Now, consumers can find out what their options are under the new Medicare plans.

### Adult Day Centers

These certified centers provide safe, well-supervised therapeutic, activities, programs and services for adults with cognitive and/or physical disabilities. For more information call:

*Northshore Adult Day Center ..... 425.488.4821*

*Elder & Adult Day Services..... 425.867.1799*

### Respite Care Program

King County can provide Respite services to caregivers in need of a break from the demands of care giving for someone who is chronically ill or disabled. Goods and services can be purchased for functionally impaired older adults with funds through Seattle-King County Aging and Disability "Client Specific Program".

*For more information call Senior Information & Assistance 206.448.3110 or Evergreen Care Network 425.899.3200.*

### Respite Care Services on the Eastside

In-home respite care provided by volunteers is available to help with care giving on a short-term basis.

*Evergreen Community Home Health & Hospice ..... 425.899.3300*

*Eastside Friends of Seniors..... 425.369.9120*

*Volunteer Chore Services (Catholic Comm. Svcs.)..... 206.328.5787*

*Jewish Family Services..... 206.461.3240*

## Volunteer Opportunities

### Center Volunteer Opportunities

The Center's continued success is directly related to our hard-working and dedicated corps of volunteers. Currently, there are a variety of volunteer opportunities at the Center, they include:

- Delivering Meals on Wheels to home-bound seniors in Kirkland
- Preparing lunches
- Dishwashing
- Front Desk Greeter
- Coffee Bar
- Slide show presenter, share your travels

For more information call Patrick at 425.587.3012

## Employment

### Employment Service

Low income seniors looking for part-time work.

Call Senior Employment Service/AARP, 206.624.6698 or go to [www.aarpworksearch.org](http://www.aarpworksearch.org)

### Employment Resource Center

This service provides assistance to people 55+ seeking an opportunity for employment. Co-sponsored by the Seattle Mayor's Office for Senior Citizens.

For more information, call 206.684.0500 or go to [www.cityofseattle.net/humanservices/seniorsdisabled/mosc/employment.htm](http://www.cityofseattle.net/humanservices/seniorsdisabled/mosc/employment.htm)



## Driver Training

### AARP — 55 Alive Driving Course

This driver training course takes into consideration physical changes of the mature driver and identifies ways one may compensate for these changes. The course also provides information that may improve your driving behavior. Insurance rate reduction for seniors taking this course.

Fee \$15 for AARP members / \$20 for non-members, please bring AARP membership card to class

Make checks payable to AARP on the first day of class  
• To register call 425.587.3360

Wed & Thur	12:30–4:45pm	Sept 17–18	43121
Wed & Thur	12:30–4:45pm	Nov 5–6	43122
Wed & Thur	12:30–4:45pm	Jan 7–8	43123
Wed & Thur	12:30–4:45pm	Mar 4–5	43124

## Chinese, Latino & South Asia Services

### Educational & Recreational Programs Accessible to Chinese & Latino Seniors

Programs and services available to all seniors are now more easily accessible to Chinese and Latino seniors at the Peter Kirk Community Center. Through the presence of a bilingual staff worker, they have the opportunity to participate in social, recreational and educational activities and daily hot lunch. Traditional program components such as outreach and advocacy are also provided.

### CHINESE SERVICES: TUESDAYS

For more information call Bolivar at the Chinese Information & Services Center, 206.624.5633, ext 4140

### Mandarin Support Group

Share daily experiences with others. Facilitated in Mandarin/Cantonese language. New topic each month. Free

Tue	11:15–12:15pm	Ongoing
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### E.S.L. for Chinese Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited, or no English. Free

Tue	1–3pm	Ongoing
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### LATINO SERVICES: WEDNESDAYS

For more information call Clemencia Robayo at Sea Mar Community Health Center, 206.764.8044

### Strategy for a Healthy Longevity (in Spanish)

Learn how to improve your health and slow the aging process. Key elements that will enhance quality of life and advance your well-being will be discussed. Free

Monthly	10–11:45am	1st Wednesday
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### E.S.L. for Latino Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited or no English. Free

Wed	12:45–2pm	Ongoing
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## PARKING PERMITS

If you are at the Peter Kirk Community Center between 8:00am and 3:00pm, please see a staff member to obtain a parking permit.



# Age 50+

## Transportation

### Travel Ambassadors

Want to go to the store, library and other destinations without driving? Talk to a certified Community Travel Ambassador about where you want to go and get help planning your trip. It's easy and FREE!

Wed	9–11am	Sept 3
Wed	9–11am	Oct 1
Wed	9–11am	Nov 5
Wed	9–11am	Dec 3
Wed	9–11am	Jan 7
Wed	9–11am	Feb 4
Wed	9–11am	Mar 4

### Metro Bus ID NEW DAY!

Reduced fare passes for ages 65+ and disabled. *Fee \$3*

Thur	10–11am	Oct 16
Thur	10–11am	Dec 18
Thur	10–11am	Feb 19

### Access

Transportation to appointments, grocery shopping and the Community Senior Center.

*To schedule, call 206.205.5000  
or toll free 1.866.205.5001*

### Volunteer Transportation for Seniors

Personal transportation to medical and other essential appointments.

*For rides or to be a volunteer driver,  
call 206.448.5740 or toll free 1.800.282.5815  
or go to [www.seniorservices.org](http://www.seniorservices.org)*

### METRO Information

Weekdays	5:00–10:00pm
Weekends	8:00am–7:00pm

*Call 206.553.3000 or toll free, 1.800.542.7876  
TTY: 206.684.1739*

### HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons.

*Call 1.800.923.7433 or go to  
[www.hope-link.org/get-help/transportation](http://www.hope-link.org/get-help/transportation)*

### Share a Ride & Meet a New Friend

Do you drive to the Peter Kirk Community Center for lunch or other activities? Are you available to provide a ride for an older adult who needs transportation? As a volunteer, drive your vehicle and choose the days you are available. Through Senior Services Volunteer Transportation Program you receive reimbursement for mileage and supplemental liability insurance.

*For more information, call 206.448.5740*

### Daily Van Transportation

The Center's van is operated by the Northshore Senior Center Monday-Friday. Transportation to and from the Center is for City residents only. Participants must be Access eligible to participate in this program. Please call 425.587.3363 for more information about this program or to reserve a ride, no later than 5pm the previous day. Transportation is also available to medical and essential appointments, including trips to the Hopelink Food Bank for qualified residents.

*Suggested donation of \$2.00 each way.*

### Attention Van Riders!

All riders must be Access eligible to participate in the transportation program. If you need help with your Access application, Mari is available to offer assistance. Please call 425.587.3363 to set up an appointment or if you have any questions.



### Grocery Shopping

The Northshore Senior Center provides weekly transportation to and from local grocery stores. Shopping times are determined by the geographical location of your home.

*To receive a schedule or make an appointment,  
call 425.587.3363*

Wed	Sept 3	Safeway
Wed	Sept 10	QFC
Wed	Sept 17	Bridle Trails
Wed	Sept 24	Fred Meyer
Wed	Oct 1	Safeway
Wed	Oct 8	QFC
Wed	Oct 15	Bridle Trails
Wed	Oct 22	Fred Meyer
Wed	Oct 29	Safeway
Wed	Nov 5	QFC
Wed	Nov 12	Bridle Trails
Wed	Nov 19	Fred Meyer
Wed	Nov 26	Safeway
Wed	Dec 3	QFC
Thur	Dec 11	Bridle Trails
Wed	Dec 17	Fred Meyer
Wed	Jan 7	Safeway
Wed	Jan 14	QFC
Wed	Jan 21	Bridle Trails
Wed	Jan 28	Fred Meyer
Wed	Feb 4	Safeway
Wed	Feb 11	QFC
Wed	Feb 18	Bridle Trails
Wed	Feb 25	Fred Meyer
Wed	Mar 4	Safeway
Wed	Mar 11	QFC
Wed	Mar 18	Bridle Trails
Wed	Mar 25	Fred Meyer

## Van Trip Planning Meeting

Have you ever thought someplace would make a great van trip? Here is your chance to give your input! Please join us for a brainstorming and planning meeting for Spring / Summer 2015 van trips.

**Tuesday, Oct 28  
11am at the Center**

## Shops & Slots

**Tuesdays 10am–4pm**  
**Resident \$21 / Non-Resident \$25**  
**Bring lunch \$**

Angel of the Winds & Seattle Premium Outlets	Sept 16	42833
Snoqualmie Casino & North Bend Outlet Mall	Jan 13	42834



\* All trips include sales tax \*

## Out For Lunch Bunch **SEVERAL NEW LOCATIONS!**

**11am–2pm • Resident \$13 / Non-Resident \$15 • Bring lunch \$**

<b>Red Lobster</b> (Lynnwood)	<b>Thur</b> <b>Sept 25</b>	Red Lobster is passionate about serving great seafood and goes the extra mile to bring you the best dining experience possible. At Red Lobster they Sea Food Differently!	<b>42844</b>
<b>Rory's of Edmonds</b>	<b>Thur</b> <b>Oct 16</b>	Rory's offers a warm, welcoming, casual dining experience that has been a local favorite for years.	<b>42845</b>
<b>Judy Fu's Snappy Dragon</b> (Seattle)	<b>Thur</b> <b>Nov 13</b>	Winner of Best Chinese in 2008, 2009, 2010, 2011, 2012 AND 2013 Judy Fu's Snappy Dragon is a popular destination for Mandarin and Szechuan style cooking.	<b>42846</b>
<b>Sky City</b> (Space Needle)	<b>Thur</b> <b>Dec 18</b>	The entire restaurant moves 360 degrees allowing diners to take in each course of the city as they take in each course of their meal. The elevator ride and O Deck are included. <i><b>Please note this trip will return to the Center at 3pm.</b></i>	<b>42847</b>
<b>Wildfin</b> (Issaquah)	<b>Thur</b> <b>Jan 22</b>	Wildfin is a casual, affordable neighborhood restaurant with a comfortable sense of style.	<b>42848</b>
<b>Sammamish Café</b> (Sammamish Plateau)	<b>Thur</b> <b>Feb 19</b>	Enjoy fresh baked pies, cakes, muffins and cinnamon rolls daily at the newest addition to this chain of cafes that also include the Village Square Café, the Woodinville Café, and the Crystal creek Café to name a few. Each café has a culinary team that also makes roasted turkeys, prime ribs and delicious soups every day.	<b>42849</b>
<b>Maggie Bluffs</b> (Seattle)	<b>Thur</b> <b>Mar 12</b>	Maggie Bluffs is a Seattle original—come as you are and enjoy the view, the outstanding food and the fun loving staff.	<b>42850</b>



## Chuckanut Manor & Historic Fairhaven

Thur., Sept 4 42835 9:30am–5pm  
Resident \$25 / Non-Resident \$30  
Bring lunch \$

Enjoy lunch at beautiful Chuckanut Manor followed by shopping and exploring Fairhaven.

## Portland Art Museum: The Art of the Louvre's Tuileries Garden

NEW!

Thur., Sept 11 42852 8am–7pm  
Resident \$55 / Non-Resident \$63  
Bring lunch \$

This stunning exhibition explores the art, design, and evolution of Paris' most famous garden. Enjoy lunch at McMenamins on the Columbia River on your way down. Tour fee includes museum admission.



## Leavenworth Oktoberfest

Fri., Oct 3 42853 8:30am–6pm  
Resident \$35 / Non-Resident \$42  
Bring lunch \$

Oktoberfest in Leavenworth is the next best thing to being in Munich! Enjoy live music, German food, arts and crafts and so much more.

## St. Demetrios Greek Festival

Fri., Oct 10 42836 12–6pm  
Resident \$20 / Non-Resident \$24  
Bring lunch \$



A Seattle tradition since 1960, enjoy traditional Greek food, music, dancing and culture at this Mountlake neighborhood festival.

## La Conner

Thur., Oct 23 42855 9am–4pm  
Resident \$23 / Non-Resident \$28  
Bring lunch \$

Explore this charming waterfront town and enjoy lunch on your own at one of the many local restaurants.



## Spirit of Seattle Ghost Tour

Thur., Oct 30 42837 9:15am–3pm  
Resident \$37 / Non-Resident \$41  
Bring lunch \$

Are you brave enough to tour the dark side of Seattle's streets and alleys? Jake, a local ghost enthusiast, will take us on a 2 1/2-hour tour visiting various haunted locations and share spine tingling stories on Private Eye of Seattle's newest tour. Enjoy lunch at Chandler's Crabhouse after the tour. Must sign up by 10/10 to secure reservations.

## University Village and the Ram Restaurant

Thur., Nov 6 42856 11am–4pm  
Resident \$16 / Non-Resident \$19  
Bring lunch \$

Start off this fun day of shopping with lunch as a group at the Ram, then start your holiday shopping at your own pace.

## Site Connection Store

Tue., Nov 18 42857 10am–3pm  
Resident \$16 / Non-Resident \$19  
Bring lunch \$

This store carries a variety of products to make you and your loved ones' lives easier and to enhance your independence, despite living with vision loss. After working up your appetite shopping enjoy lunch at Twigs in Northgate.



## Victorian Country Christmas Festival

Thur., Dec 4 42858 11am–5pm  
Resident \$30 / Non-Resident \$34  
Bring lunch \$

Step back in time and enjoy a Victorian village filled with stores, gourmet food, wine and festive entertainment.

## Christmastime at the Governor's Mansion

Wed., Dec 10 42859 9:15am–4pm  
Resident \$25 / Non-Resident \$30  
Bring lunch \$

Enjoy seeing all the holiday decorations at the oldest standing building on the Capitol Campus, the red-brick Georgian style Executive Mansion has been home to Washington's Governors since 1910. Lunch at Falls Terrace.

*Must sign up by 11/14 to secure reservations.*

## Seattle Metropolitan Police Museum **NEW!**

Thur., Jan 8 42860 10am–3:30pm  
Resident \$25 / Non-Resident \$29  
Bring lunch \$

Seattle's Law enforcement history awaits you at the Seattle Metropolitan Police Museum, the official repository for the historical artifacts of the Seattle Police Department and the King County Sheriff's Office dating back to the 1880's. Enjoy a late lunch at a local restaurant after the museum.

## A New Day Northwest

Thur., Jan 29 42862 8:15am–2:15pm  
Resident \$17 / Non-Resident \$20  
Bring lunch \$

Be a part of the studio audience for this local daily television show. Don't forget to set your DVR as the show will air at 11am on the day we tape! After taping enjoy lunch at the Old Spaghetti Factory.

*Must sign up by 1/16 to secure reservations.*



## MOHAI

Thur., Feb 5 42838 10am–3pm  
Resident \$16 / Non-Resident \$19  
Bring lunch \$

If you missed your chance last fall to explore the Museum of History and Industry we are going again. Here is the perfect opportunity to discover the rich history of the Pacific Northwest. Enjoy lunch on your own at the Compass Café.

## The Secret Garden Tea Room **NEW!**

Thur., Feb 12 43503 11:30am–3:30pm  
Resident \$57 / Non-Resident \$60  
Bring lunch \$

The Secret Garden has relocated to a beautiful Victorian Mansion in Sumner, WA. The charm of the original Queen Anne and Italianate architecture provides an elegant, yet warm ambiance in which to enjoy a scrumptious traditional English-style Tea Set. The Rose Celebration tea set is included in the price of this trip, please see front desk for menu sample.

*Must sign up by 1/30 to secure reservations.*



## Hibulb Cultural Center **NEW!**

Thur., Feb 26 43504 9am–3pm  
Resident \$41 / Non-Resident \$45  
Bring lunch \$

Enjoy a guided tour of this interactive cultural center whose mission is to revive, restore, protect, interpret, collect and enhance the history, traditional cultural values and spiritual beliefs of the Tulalip Tribes. Your tour includes the unique experience of crafting your own traditional dream catcher that you will get to take home with you. Lunch after your tour at a nearby restaurant.

## Attention Riders

For everyone's comfort, please refrain from the use of fragrant personal products while participating in programs and trips.

**Thank you for your consideration!**

*Van trips continued on next page...*

# Age 50+

## Mystery Trip **NEW!**

Thur., March 5 42863 9am–2pm  
Resident \$18 / Non-Resident \$21  
Bring lunch \$

You won't want to miss this trip, it's really going to shake things up.

## Western Heritage Museum, Tuscano's Italian Kitchen & Sultan Bakery **NEW!**

Thur., March 19 42864 9:30am–4pm  
Resident \$21 / Non-Resident \$25  
Bring lunch \$

Don't miss the opportunity to visit one of the most comprehensive, interactive museums of mining, logging, agriculture and early life in the Pacific Northwest. Stop for lunch at Tuscano's on the way to the wonderful Sultan Bakery.



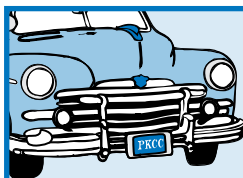
## Spring in Snohomish & Flower World

Thur., March 26 42865 10am–4pm  
Resident \$20 / Non-Resident \$24  
Bring lunch \$

Drink in the spring weather while browsing the shops in old downtown Snohomish. Enjoy lunch on your own at one of the nearby restaurants before heading over to Flower World to peruse all the new flowers.

## Van Trip Registration & Policy

1. Cancellations requested more than one week prior to the Van Trip are subject to a \$10 processing fee. Cancellations requested less than one week prior to the Van Trip receive a 50% credit on the account, less a \$10 administrative fee. Cancellations requested Van Trip day receive no refund or credit.
2. Pre-purchased tickets are non-refundable. This includes all special events. (Theater, movies, cruises, etc.)
3. All van trips depart promptly from the west side of the Peter Kirk Community Center. Please arrive 10 minutes prior to scheduled departure, as no refunds will be issued for missed rides.
4. Van trip return times are estimated and may vary depending on traffic, etc.
5. Home pick-up and take-home is available for Kirkland residents who live within the City limits, if requested in advance. A donation of \$2.00 each way is suggested. To request home pick-up, call 425.587.3363 no more than 2 weeks before the trip and no later than 24 hours in advance. Driver will call one day before the trip with your pick-up time. All others meet the bus at the Center.
6. Trip participants must be independently mobile or accompanied by a caregiver on all van trips. Caregivers must register and pay the same applicable van and admission fees. Wheelchair space is limited. If you require wheelchair or walker accommodations, please specify at time of registration.



## PARKING PERMITS

If you are at the Peter Kirk Community Center between **8:00am and 3:00pm**, please see a staff member to obtain a parking permit.

# GOT AN EVENT?

## WE'VE GOT SPACE.

### Wedding? Party? Reunion? Meeting?

The Peter Kirk Community Center and North Kirkland Community Center can meet these needs and more. Both centers feature hardwood floors, full kitchens and usage of tables and chairs.

For information and availability please give us a call!



### Peter Kirk Comm. Center

(located at Peter Kirk Park)

**425.587.3360**

### North Kirkland Comm. Center

(located at North Kirkland Park)

**425.587.3350**

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**SEE PAGE 40**

# MCAULIFFE PARK PRESCHOOL FUN OUTDOORS

**Ages 3 to 5 years**

**RAIN OR SHINE**, preschoolers spend fifty percent of each day outside amid this 12 acre park discovering the wonders of the natural world that surround them.

Inside activities include stories, music, construction play, art, dramatic play, and letter recognition. There is no such thing as bad weather, only bad clothes, so be sure to dress for the elements!



**SEE PAGE 16**

## PartyTime!

**Rain or shine, have a playground party  
to celebrate your special day at the NKCC!**

Have an hour of private play time at our outrageously fun indoor playground! Enjoy the rest of your celebration in your very own private party room!

Applications at: [www.kirklandwa.gov](http://www.kirklandwa.gov) under  
"How Do I Rent a Park/Facility"

*Reserve Your Special Day!*  
**425.587.3350**

**2 hours: Resident \$140 / Non-Res \$168 • 25 Children Max. • Saturday or Sunday**



**Ages  
1 to 5**



# Juanita Bay Park Events

## JUANITA BAY WILDLIFE TOURS

Sept 7, Oct 5, Nov 2, Dec 7, Jan 4, Feb 1, Mar 1



Photo: Ernie Brown

View and experience the hundreds of plant and animal species that inhabit the unique and spectacular Juanita Bay Park! Access and exploration opportunities abound with boardwalks, interpretive signs and observation areas which enhance our learning experience and appreciation for this unique setting. Join the Juanita Bay Park Volunteer Rangers for a free interpretive tour on the first Sunday of every month at 1:00pm beginning in the parking lot. No registration required. Remember to bring your binoculars. Free!

## JUANITA BAY PARK BIRD WALKS

Sept 16, Oct 21, Nov 18, Dec 16,

Jan 20, Feb 17, Mar 17

Join Mary Frances Mathis of the Eastside Audubon Society and the Juanita Bay Park Rangers for a relaxed morning walk in Juanita Bay Park, looking for any birds in the area.



Photo: Ernie Brown

Walks are at 8:00am and will be finished before lunch time. Bring binoculars and meet in the parking lot.

No registration is required. You may contact the Eastside Audubon Society for more information at 425.576.8805.



PO Box 3115, Kirkland, WA 98083-3115 • 425.576.8805  
www.eastsideaudubon.org

**Come meet us at Juanita Bay Park! 2201 Market Street, Kirkland**



**NEW!**

## PICKLEBALL COURTS AT EVEREST PARK

500 8th Street South

With the addition of pickleball lines on the tennis court at Everest Park you will now be able to practice this fun, quirky, Northwest born game. Pickles, the dog who inspired the name of this sport, loved this game (or at least the ball), which is a combination of tennis, badminton, and ping pong. This easy to learn, affordable game is a sport enjoyed by all ages from children to seniors.

**So get up off the couch, dust off your sneakers and give pickleball a try, we guarantee you'll be hooked!**

## Juanita Friday Market



**Fridays 3pm to 7pm, JUNE 6 - SEPT. 26**

Shop local every Friday at Juanita Friday Market.



We would like to thank our 2014 Market Sponsors for their support!



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For more event details, visit us online [www.kirklandwa.gov/JuanitaFridayMarket](http://www.kirklandwa.gov/JuanitaFridayMarket).



# Volunteer To Restore Our Natural Areas

## GREEN KIRKLAND PARTNERSHIPS

Join us to lend a hand removing invasive species from and planting native plants in Kirkland's forests and natural areas.

Volunteer events are family friendly. No experience needed to volunteer.

All the tools and materials are provided. Dress for the weather and bring a water bottle to the event.

Made possible by



2014

### FEATURED EVENTS

**Watershed Park**  
Saturday, August 23rd

**Juanita Heights Park**  
Saturday, October 18th

**Everest Park**  
Saturday, November 8th  
**Arbor Day Event**

**Juanita Bay Park**  
4<sup>th</sup> Saturday of month  
And every Thursday

**Juanita Heights Park**  
Last Saturday of month

**Carillon Woods**  
Every Wednesday

**Cotton Hill Park**  
Every Wednesday

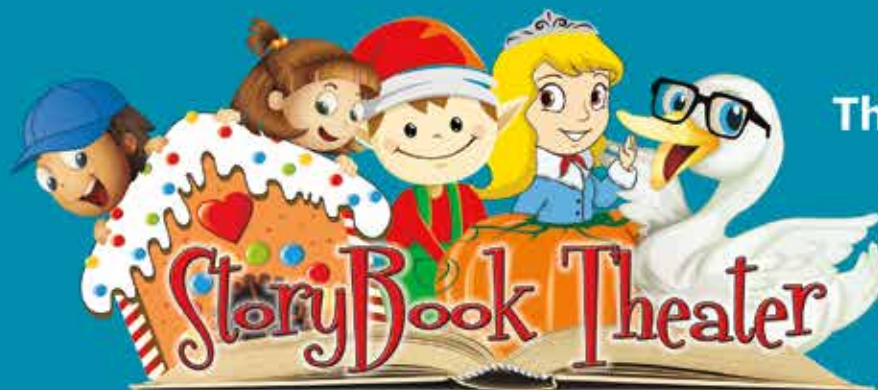
\*For event times and to register visit website.

Learn more and register

[www.greenkirkland.org](http://www.greenkirkland.org)



# StoryBook Theater at Kirkland Performance Center!



**Hansel & Gretel**

*November 2014*

**The Elves & the Toymaker**

*December 2014*

**Cinderella**

*January - February 2015*

**The Ugly Duckling**

*April - May, 2015*

Find show times and purchase tickets online [www.storybooktheater.org](http://www.storybooktheater.org)



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**Come See a Studio East Production!**

**A Little Princess**

*October 17-November 14, 2014*

**'Twas the Night...**

*November 29-December 21, 2014*



The Parks and Community Services Department offers a variety of rental facilities.  
Indoor and outdoor facilities are available for private functions such as receptions, anniversaries, birthdays, or graduation celebrations.

# KIRKLAND RENTAL FACILITIES

Rental information, policies, and applications: [www.kirklandwa.gov/depart/parks/Facility\\_Rentals.htm](http://www.kirklandwa.gov/depart/parks/Facility_Rentals.htm) Call ahead to check availability.

## INDOOR FACILITIES

### Heritage Hall

203 Market Street

- **Occupancy:** 70
- **Features:** Hardwood floors and uplit cove ceiling.
- **Rental fees include:** use of 12 six-foot tables, 3 four-foot tables and 70 chairs.

*Reservations are required a minimum of 1 month in advance. For more information, call 425.587.3398.*



### North Kirkland Community Center

12421 103rd Avenue NE

- **Occupancy:** 245
- **Features:** Hardwood floors, ambient windows & full kitchen.
- **Rental fees include:** use of 20 six-foot rectangular tables, 12 five-foot round tables, and 175 chairs.

*Reservations are required a minimum of 1 month in advance. For more information, call 425.587.3350.*



### Peter Kirk Community Center

352 Kirkland Avenue

- **Occupancy:**  
Multi-purpose Room: 150  
Smaller meeting rooms: 50
- **Features:** Hardwood floors, ambient windows & full kitchen.

*Reservations are required a minimum of 1 month in advance. For more information, call 425.587.3360.*



### For Parks Not Listed:

For information regarding parks not listed, call 425.587.3342 or email [nosborn@kirklandwa.gov](mailto:nosborn@kirklandwa.gov)

### School Sites:

For information regarding outdoor use of Lake Washington School District fields and/or green/lawn areas, call 425.587.3342 or email [nosborn@kirklandwa.gov](mailto:nosborn@kirklandwa.gov)

## OUTDOOR FACILITIES

### Marina Park Pavilion

25 Lakeshore Plaza

- **Occupancy:** 100
- **Features:** Open air, lakeside, beautiful view
- Park / Lawn area not available for private rentals–Pavilion Only

*Reservations are required a minimum of 1 month in advance. For more information, call 425.587.3398.*



### Peter Kirk Pool

340 Kirkland Avenue

- **Occupancy:**  
Main Pool: 230, Wading Pool: 40
- **Features:** Lifeguard, pool toys, and deck space

*Reservations are required 72 hours in advance. For more information: 425.587.3330.*

[www.kirklandwa.gov/aquatics](http://www.kirklandwa.gov/aquatics)



### Picnic Shelters

Everest Park

500 Eighth St South

Rose Hill Meadows Park

8212 124th Ave NE

N. Rose Hill Woodlands Park

9930 124th Ave NE

OO Denny Park

12032 Holmes Pt Dr NE

*Reservations are required a minimum of 1 month in advance. For more information, call 425.587.3398.*



### Athletic Fields

Crestwoods Park

1818 Sixth Street

Everest Park

500 Eighth St South

Juanita Beach Park

9703 NE Juanita Dr

Lee Johnson Field at

Peter Kirk Park

202 Third Street

132nd Square Park

13159 132nd Ave NE

*For more information, call 425.587.3342.*





Kirkland Parks &  
Community Services  
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